



ZUMBA®

fitness



Perfect For

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

How It Works

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Benefits

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.

NEW CLASS!



Day : Every Friday
Time : 8:45am to 9:45am
Fee : \$150/hour
Ages : 16 years and above
Venue : Studio B 2/F
Instructor : Katherine Lopez