



Parks and Recreation Department

Zumba

Zumba is a Latin-inspired, dance –fitness class that incorporates Latin and international music and dance movements, which create a dynamic fitness system.

This class will combine fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle toning benefits.

This class is for everyone. If you are a first timer, this class will be easy to master. No dance experience is required.