



Group exercise classes can be many things: challenging, rewarding and healthy. But when it's Zumba®, it's also fun and exhilarating — something you can't wait to do again!

Zumba® Fitness fuses Latin dance rhythms with easy to follow dance moves. The result of this fusion is a fun workout that feels more like a night out dancing than a "work" out. Even if you have never danced before, you will have fun and feel successful in a Zumba® class. The dance movements incorporate mambo, cha cha, salsa and more which are simple and easy to follow. Come join the party!

Dates: Saturdays from Jan 7 through Feb 11

Time: 9:15 am – 10:15 am

Fee: \$45 for 6 weeks



Zumba® is a blast! That's why kids are gonna love the Zumbatomic® fitness program. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more). The 45 minute session is designed to let kids ages 7 and above to max out on fun and fitness all at the same time.



Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.

Dates: Saturday from Jan 7 through Feb 11

Time: 10:30 am – 11:15 am

Fee: \$45 for 6 weeks

**For registration of Zumba or Zumbatomic,
contact Michelle Christian
at 216.402.3183 or zumbahmac@hotmail.com**