



ZUMBA®

25-MINUTE
VIRTUAL FITNESS CLASSES

Thursdays, 5:30-5:55pm

[CLICK TO ADD TO CALENDAR](#)

Get movin' and groovin' with virtual Zumba®! This exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ will move YOU! This class mixes low and high intensity moves for an interval-style cardiovascular workout. Comfortable clothes and water bottle recommended. All levels welcome!



Instructor:
Susan