



A POOL PARTY FOR ALL AGES

NEW AQUA ZUMBA!!!

This program gives new meaning to an invigorating workout and a new way to get fit in the pool! A revitalizing aqua Zumba formula paired with traditional Zumba fitness disciplines, this workout consists of 45 minutes of choreographed routines to a wide-range of music. The water adds resistances for the avid exerciser as well as provides a low-impact workout for seniors and individuals with disabilities. This class requires instructors to have additional certification and training then a "land-based" Zumba workout.

**Smile, shake, shimmy and water-
Salsa your way to a more fit you!**

Tuesdays and Thursdays

9:15-10:00 am or 7:30 - 8:15 pm

Fee: Member \$60; Non-member \$90

Register at the Member Service Desk!

