

ZUMBA

“Zumba” comes from a Columbian word that means to move fast and have fun. Using upbeat Latin and World music, Zumba is aerobic dancing that is energizing, effective and easy to learn! You'll burn 700-1000 calories per class all while having fun! Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

Location: Crosswoods Community Center
6747 Auburn Blvd. Citrus Heights

Ages: 14+ years

PUNCH CARD: 4520.300 \$66
Good for 8 classes within 2 months

Wed/Fri 6:15 - 7:15pm		
4520.301	10/4 - 10/27	\$64
4520.302	11/1 - 11/29*	\$64
4520.303	12/1 - 12/22	\$56
4520.304	1/5 - 1/31	\$64
4520.305	2/2 - 2/28	\$64
4520.306	3/2 - 3/30	\$72

No class 11/24



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