

# Zumba & Zumba Toning

## Zumba Fitness



Zumba is a Latin-inspired dance fitness class that incorporates Latin music and dance moves. This class format combines fast & slow rhythms that tone & sculpt the body in an aerobic fitness fashion to achieve a unique blended balance of cardio and muscle toning benefits.

## Description of Zumba & Zumba Toning

- **Classes are based on basic choreography.**
- **The rhythms of music will allow participants to enjoy a fun workout while the entire body seeks benefit.**
- **Various workout routines will be incorporated into a monthly calendar for participants.**
- **Toning workouts incorporate light weights to enhance muscular fitness.**

Classes open to both Members & Non-members

12 Punch Card with 90-day expiration

For more information please contact

the GHWC office at 313-7102