



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ZUMBA Fitness Dance Party!

Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party! It incorporates a variety of Latin dance styles including salsa, merengue, hip-hop, Bollywood and many more. A total workout combining all elements of fitness- cardio, muscle conditioning, balance and flexibility- Zumba is a sure –fire way to get your body moving in fun and exciting ways!

## When & Where

Monday 6:30pm Studio 1  
Thursday 6:30pm OWR Downstairs\*  
Saturday 10:15am Studio 1

## ***NEW CLASS!!***

Sunday 2:00pm Studio 1\*  
No class Easter Day

\*Begins the week of March 23rd \*

## Contact

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**BATTLE CREEK FAMILY YMCA**  
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