



Zumba with Laura Pierce

Tuesday's & Thursday's - 5:30 pm to 6:30 pm

Zumba Toning with Shiri Briseno

Friday's - 9 am to 10 am & Saturday's - 8AM to 9AM

ZUMBA[®]
fitness

Join Shiri and Laura for the ultimate dance party. You won't know you're working out!

ZUMBA is a Latin dance derivative of traditional aerobics with a moderate cardio workout level. This class is choreographed with various dance music which makes it fun to work out!

ZUMBA TONING – the same fun class only some segments will incorporate light weights.