

Zumba Fit & Toning

Zumba Fit

This class is taught by a certified instructor and combines a mix of high energy and motivating music with unique moves and intense combinations that allow participants to dance their way to great fitness.
ZUMBA FIT is 'FUN AND EASY TO DO'.

Saturdays, 9:00 to 10:00 a.m.
Mondays, 8:00 to 9:00 p.m.

Zumba Toning

This Zumba-inspired class uses special "Zumba Toning Sticks" to provide a great body-sculpting workout with the same Zumba moves and music you already enjoy at a slightly slower pace!

Thursdays, 7:30-8:30 p.m.



\$7 per visit \$35 6-visit pass

American Express, Visa and MasterCard are the methods of payment.

HOLIDAY PARK

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