

Zumba Fit

New and Improved 2014-2015



Zumba Fit with certified instructor Kathy Fontaine 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'. If you stick to our Zumba Fit program you can achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind as a 'feel happy' workout.

Ages: 12 and up

“bring your teen to get fit & lean”

Saturdays, 9:00 to 10:00 a.m.

Mondays, 8:00 to 9:00 p.m.

FEE

\$7 per visit

\$35 6-visit pass

*Y.E.S. eligible program.

Visa and MasterCard are the preferred method of payment.

Online Registration: www.fortlauderdale.gov/webreg

HOLIDAY PARK

1150 G. Harold Martin Drive

Fort Lauderdale, FL 33304

(954) 828-5383

www.fortlauderdale.gov/parks



If you would like this publication in an alternative format or if you need reasonable accommodation to participate in this program, please contact (954) 828-4610 or sriestra@fortlauderdale.gov at least seven business days prior to the program.