



ZUMBA[®]

FITNESS



ZUMBA FITNESS

TUESDAYS

5:30—6:30 P.M.

APRIL 24—MAY 29

CITY HALL LOWER LEVEL

SIX WEEK SESSION—\$42

PAY PER CLASS—\$9

**TO REGISTER CALL THE
RECREATION**

DEPT. AT 674-7720 or

EMAIL:

mary@jeffersonwis.com



ZUMBA classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a ZUMBA Fitness-Party. It's easy to do, effective & totally exhilarating. ZUMBA TONING combines targeted body-sculpting exercises and high-energy cardio work with Zumba moves to create a calorie-torching, strength-training dance fitness party.