CITY OF JEFFERSON
PARKS • RECREATION • FORESTRY

aqua ZUMBA

Make a Splash!
Bring the Party to the Pool.

THURSDAY EVENINGS
October 27th to December 22nd
No class 11/10, 11/17 and 11/24
6 week session
5:30 – 6:15 P.M.
HIGH SCHOOL INDOOR POOL
$25/session
Call 674-7720 to register!

Aqua Zumba is a fun and exciting "pool party" style fitness class that will challenge you and leave you wanting more. This class incorporates the principles of Zumba with the resistance of water to create a workout like none other! Various Latin style dances will be used along with other movements such as hamstring curls, kicking and twisting. Please come prepared to splash in the pool with appropriate attire (swim suit, shorts, t-shirt, etc) and a towel.