NEW!

CITY OF JEFFERSON
PARKS • RECREATION • FORESTRY

aqua ZUMBA

Make a Splash!
Bring the Party to the Pool.

SATURDAY MORNINGS
December 3rd —December 31st
4 week session (no class 12/24)
8:30AM—9:15AM
HIGH SCHOOL INDOOR POOL
$15/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.