

## **About Zumba**

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Instructor: Rosa Schofield and Fabiola Sanchez are licensed to teach:

- Aqua Zumba
- Zumba Gold
- Zumba in the Circuit

Times offered:

### **Zumba Gold:**

Tuesday – 11:30 am

M, W, F – 12:30 pm

60 minutes

**COST: \$3 per session**