

The **Zumba®** program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

We want you to :

want to work out,

love working out,

get hooked!

All it takes is just one step

Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

TRY A CLASS AT THE Y

Saturdays 9:15-10:00 AM

Mondays 6:30-7:30 PM

Tuesdays 4:30-5:30PM

(this class is ages 12+ too! Ages 12-15 must be with an adult)

Thursdays 9:15-10:00AM

**Every day is someone's first day at the Y.
Make today yours!**