

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,

to love working out,

to 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

Sundays 10:15-11:15AM (Starting 7/11)

Mondays 6:30-7:30PM (Starting 7/5)

Tuesdays 4:30-5:30PM (Starting 7/6)

This class is for ages 12+
Ages 12-15 must be with an adult

Tuesdays 6:30-7:25PM

Thursdays 9:05-9:55AM (on current schedule)

Thursdays 4:40-5:25PM (on current schedule)

This class is for ages 12+
Ages 12-15 must be with an adult

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