

This specialty course is the "pool party" workout for all ages. You will experience fun effective and challenging water-based workouts that integrate the Zumba(R) Formula and philosophy into traditional aqua fitness disciplines. Come join the dance party! Swimming is not a prerequisite for this class.

WHEN: TIME: COST: WHERE: WHO: EVERY TUESDAY & THURSDAY 5:30PM-6:30PM \$5 PER PERSON SHALLOW END OF POOL LADIES & GENTLEMAN







FITNESS WITH JULIA ZIN INSTRUCTOR: JULIA CHANEY http://jchaney.zumba.com/

