

ZUMBA CLASSES

Date: Every Thursday Morning starting Sept. 8

Time: 9:00 – 10:00 a.m.

Place: Smith Center

Fee: \$4.00 per class – no pre-registration

Zumba classes will be offered at the Smith Center every Thursday morning at 9:00 a.m. beginning Thursday, September 8, 2016. Zumba is a Latin-inspired cardio based dance fitness class for all ages and fitness levels. No dance experience is necessary. Come exercise in a healthy, fun, party-like environment to Latin & international music which keeps you moving as you tone your body. It's one full hour of energized fun! Everyone is welcome and no pre-registration is required.

Classes are taught by Brenda Black.