



Zumba Toning

ZUMBA[®]
fitness

Fridays - 9 am with Shiri Briseno
Tuesdays – 5:30pm with Stacey Horvath

Join Shiri and Stacey for the ultimate dance party. You won't know you're working out!

ZUMBA is a Latin dance derivative of traditional aerobics with a moderate cardio workout level. This class is choreographed with various dance music which makes it fun to work out!

ZUMBA TONING – the same fun class only some segments will incorporate light weights.