



ZUMBA[®]
fitness

Zumba Toning

with Shiri Briseno

Friday - 9 am

Join Shiri Briseno 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.