

NEW AT THE SENIOR CENTER

ZUMBA!!!

THURSDAYS, 9 am, starting July 29

Diane L. Johnson,

Certified Fitness Instructor

\$3/class

The Zumba workout provides fitness benefits because its routines feature interval training sessions with fast and slow rhythms and resistance training, which are intended to tone and sculpt the body while burning fat.

Music is the key ingredient to Zumba classes. The score, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body.

ZUMBA!



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