



A Zumba® Class has all the energy, excitement, moves, grooves, rhythms, and FUN that people have come to expect!

PERFECT FOR

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

HOW IT WORKS

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dancefitness session to get you movin'! Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

BENEFITS

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Let it Move You™

