



# Dance Fitness Classes

## Feel Healthier

## Be Stronger

### **Movin' and Grovin'**

**M & W & F**

**9am**

A mixture of dance including Zumba. Come get your groove on while learning a fun way to workout without knowing you are doing it.



### **ZUMBA!**



**M & W**

**6:30pm**

Zumba class combines fast and slow rhythms that tone and sculpt the body using principles from aerobics and fitness to achieve cardiovascular health and muscle toning.

### **Middle Eastern Dance**

**Fridays 12pm**

Middle Eastern Dance class is influenced by traditional Persian, Egyptian, Greek, Turkish and other Middle Eastern regional dances.