



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**FEEL HEALTHIER  
BE STRONGER**

**Zumba**

**Fuses Latin rhythms and easy to follow aerobic dance  
moves to create a dynamic fitness class.**

**Monday 6:00 PM Courtney      Thursday 8:45 AM Jenni**

**Tuesday/Thursday 6:00 PM Jolene & Tanya**

**Monday/Wednesday 9:00 AM Rachael      Friday 9:00 AM Amie**



**Hula Hooping**

**Hooping, also known as hoop dancing, is the hot new fitness trend that  
boosts cardiovascular endurance and builds core strength.**

**Thursday      7:00 PM Debbie**

**For ages 8 & up: Hoops are available on first come basis.**

**Nia**

**Nia is a sensory-based movement practice that draws  
from martial arts, dance arts and healing arts.**

**Monday & Wednesday      10:00 AM Cynthia**



**Other Dance Fitness Classes**

**Movin' and Groovin' Tuesdays 8:45 AM with April**

**Dance with Me      Tuesday/Thursday 6:00 PM with Paul**

