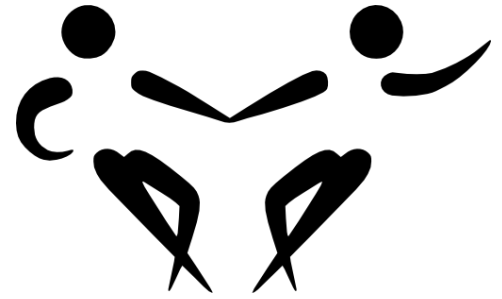




**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Zumba

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

Fri 9am Multipurpose Room

Sat 9am Multipurpose Room

Turn Up

Hip hop based dance fitness & Hit (high intensity interval training) workout. Fast and fun.

Tue/Thu 6pm Multipurpose Room

Middle Eastern Dance

Dance with influence of traditional Persian, Egyptian, Greek, Turkish and other Middle Eastern regional dance movement.

Mon 12pm Collins Room

Movin' n Groovin'

Get your move on with steps that make you want to groove. Latin dance rhythms included.

Tue/Thu 8:45am Multipurpose room

Dance With Me

New dance every month. Come by yourself or with a friend.

Tue 6pm Collins Room

Fri 6pm Multipurpose Room

Zumba Tone & Fit

Latin dance rhythms with body toning that is fun while you sweat.

Mon/Wed 7pm Multipurpose Room

NIA

Nia is a sensory-based movement that draws from many different dance and healing arts.

Mon/Wed 10am Multipurpose Room

Dance Fitness

Mixture of Zumba and fitness in a one hour class.

Mon/Wed 9am Multipurpose Room



Dance with Us!