

Family Health Fair

Zumba Fitness®

What is Zumba Fitness®?

Zumba® is a Latin inspired dance fitness class - Various dance styles are incorporated in every Zumba® class, which typically lasts for an hour or so. Flamenco, Rumba, Mambo, Merengue, and Salsa are just a few examples of dances that are mixed with endurance and strength training exercises. Modern and international pop hits are also popular in some classes.

Millions of people around the world are having a good time and burning calories in Zumba® classes by dancing them off. There is no wrong way to move!

Everybody is invited to join the Party!™

When: Tuesday, March 25th

Where: SR High School's dance room

(Class located near basketball gym on Highland Ave.)

Time: 4:00 pm – 5:30 pm

Class presented by Salt River Diabetes Program's with licensed Zumba Instructors!



Questions call 480-362-7320 (SR Fitness Center)