

COME JOIN THE PARTY!

Healthy

ZUMBAthon

*with Zumba Instructors
Robin Mowers & Andrew Gonzales*

Thursday – February 17th

5:30-7:30pm

Lehi Community Center

*Strength & Ab section after Zumba session
with Michelle & Rachel*

ZUMBA fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms help to burn fat. Add some Latin and Hip Hop flavor into the mix and you've got a Zumba class

**For more information contact
Salt River Fitness Center Staff at 480.362.7320.**