

# **ZUMBA...NEW CLASS!!!**

Zumba involves dance and aerobic elements. Unlike a typical dance class where counts are used, it involves following the music with repetitive movements. It incorporates hip-hop, samba, salsa, meringue and mambo.

## **CLASSES**

Days: Monday, Tuesday & Wednesday nights (on-going monthly)

Time: 8:00pm – 9:00pm

Price: \$5 per class or \$55 punch card for 12 visits

Ages: All ages

COMMUNITY CENTER \*\*810 Oak Lane, Rio Linda 95673\*\*

You may pay at the door or come in during our regular office hours.