

ZUMBA



SENIOR CENTRE

INFORMATION

In Claudine's easy-to-follow, calorie busting Zumba class she'll get your body moving! A mix of Caribbean, World and Pop music in with classic Latin vibes to keep each class moving. To do Zumba you don't have to know how to dance, just follow her lead and have fun. All fitness levels welcome, don't forget your water and towel! The class introduces choreography focusing on balance, range of motion, and coordination. Come ready to sweat and prepare to leave feeling strong and empowered.

INSTRUCTOR

This class is instructed by Claudine Grant. She has been teaching Zumba since 2017 and is also a certified Group Fitness Instructor and teaches other fitness classes.

**REGISTRATION
REQUIRED**

**MEMBER
\$4.00**

**NON-
MEMBER
\$6.00**

Try the first
class for free

Tuesday
1pm-2pm