



ZUMBA FITNESS

PLUS (+) CLASS!

The Plus (+) is the incorporation of weights for an all over body muscle toning experience & It's FREE to Members!

DAY: THURSDAY'S

TIME: 5:15-6:15 PM

LOCATION: BUXTON STUDIO

Ditch the Workout and Join the party!!! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Music is Zumba's special motivational ingredient, bringing together Salsa, Merengue, Samba, Reggaeton, African Beats, Cumbia, and even Funk. Creating a cardio workout that both tones and strengthens.