

ZUMBA

at the Goose Creek Community Center



This one hour Zumba dance class features interval training with fast and slow rhythms and resistance training, which results in toning and sculpting the body while burning fat.

Latin and International music is what makes Zumba so unique.

*Great cardio and lots of **fun!***

Choice of Sessions:

Monday, Sept., 13th thru Monday, Oct., 4th

7:15 - 8:15 pm

Instructor: Nicole Shea

Wednesday, Oct., 6th thru Wednesday, Oct., 27th

6:30 - 7:30 pm

Instructor: Alma Elayda

Saturday, Aug., 28th thru Sept., 25th (no class Sept., 18th)

10:45-11:45 am

Instructor: Pauletoria Jones

Cost Per Session:

\$20 resident/ \$25 non-resident

Tennis shoes required

**SPACE LIMITED PLEASE
REGISTER EARLY**