



Zumba Classes

	<p>Aqua Zumba® *Premium Class</p>	<p>Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.</p>
	<p>Cardio Pop Dance or Dance Cardio</p>	<p>A high/low cardio dance class featuring a variety of dance styles topped off with a Barre type conditioning. Enjoy current pop and hip hop tunes as you learn dance moves you can show off.</p>
	<p>Zumba® *Premium Class</p>	<p>Burn calories and have fun with Latin inspired dance moves suitable for all. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.</p>
	<p>Zumba Gold® *Premium Class</p>	<p>Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Enjoy easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.</p>
	<p>Zumba Toning® *Premium Class</p>	<p>The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!</p>