



ZUMBA®
FITNESS

ZUMBA® FITNESS CLASSES

Zumba® combines high energy & motivating music with latin themed dance steps.

The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone & sculpt the body. Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps including basic steps in Salsa, Merengue, Mambo, Cha Cha, Cumbia, Belly Dancing and more!

Burn up to 600 calories in ONE hour!!

Classes are taught by Simone Shaw, a certified Zumba Instructor.

\$60.00 per month or \$40.00 per month for Pass Holders.

\$8.00 per individual class.

Monday & Wednesday evenings from 6:30-7:30

Call For More Information

**Centralia Recreation Complex
Felician Wellness Center
115 East Second Street
Centralia, IL 62801
618-532-3214**