

# ZUMBA CLASS

*with Aimee*



Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It's a total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility with a serious dose of fun!

## COST

\$5 PER SESSION,  
1ST CLASS IS FREE!

**FRIDAYS**  
**9:00AM**  
**STARTING SEPT 8**



... Gary Byker ...  
**LIBRARY OF  
HUDSONVILLE**

Details can be found on our event calendar @ [HudsonvilleLibrary.org](http://HudsonvilleLibrary.org)