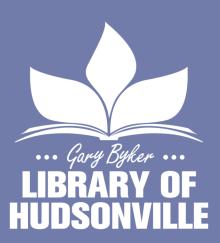
ZUMBA CLASS



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

Details can be found on our event calendar @ HudsonvilleLibrary.org