

ABOUT ZUMBA

The Zumba® program fuses hypnotic Latin rhythms & easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting 50 minute class of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms & resistance training are combined to tone and sculpt your body while burning fat.

So what're you waiting for? Zumba® your way to a better body! Join the millions of people that have decided that having fun & working out are not mutually exclusive. Join those who'd rather have a blast!

**Ditch the workout &
Join the party!**



ZUMBA® FITNESS

ZUMBA CLASS INFO

Cost

\$ 5/class
[cash only]

Schedule

MONDAYS 7pm
THURSDAYS 7pm
SATURDAYS 9am
[45 minutes]

Attire

Please wear comfortable clothing & shoes with not too much traction
[Don't forget your towel & water]

Location

DEANE DANCE CENTER
3385 Lanatt Street
Sacramento, CA 95819
916.453.0226
www.deanedancecenter.com