



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8/11

ZUMBA

What is it?

Zumba is a 45-minute class that incorporates a mix of Latin and international music to create a dynamic, fun, and effective cardio workout. Classes are designed to utilize an interval training format, combining various rhythms with movements that tone and sculpt the body.

Who's it for?

These classes are for all fitness levels, ages 14+. The instructor will show you moves and combinations you can use to improve your cardio workout, strength, balance and rhythm.

What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely – shorts, T-shirt, sweatpants, etc.

Where should we go on the first day of class?

Come to the front desk and tell them you are here for Family Zumba. They will direct you to the Group Exercise Studio or Gym.

How do I register?

This is a free class for members only. See our current Group Exercise Schedule for class days, times and locations or call 436-9622.

Other information?

Contact: Broadview-436-9541 Downtown-436-9552 East Side-436-1230 West Side 436-9533

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622 or visit our website: www.greenbayymca.org.