



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **ZUMBABOOTCAMP**

## **ZUMBA GOLD**

### **ZUMBA**

#### **Health and Wellness**

#### **ZUMBA**

#### **Southeast Family Armed Services YMCA**

Zumba Gold– Zumba for Active Older Adults and Beginners focus is on foundational steps and simplified movements  
Zumba– Great for all levels and abilities

#### **ZUMBA CLASSES\*\***

Time: 8:00am-9:00am Mondays\*\*

4:00pm-5:00pm Tuesdays

7:00am-8:00am Wednesdays\*\*

6:45pm-7:45pm Wednesdays

8:00am-9:00am Fridays

5:30pm-6:30pm Fridays

6:45pm-7:45pm Fridays

11:45am-12:45am Saturdays

#### **Southeast Armed Services YMCA**

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