



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

HEALTH & FITNESS

ZUMBA

Thursday Evenings 6:15-7:15

HEALTH, WELL-BEING & FITNESS **Zumba** **Fountain YMCA**

Zumba is a fusion of Latin and international music dance themes that create a dynamic, exciting, effective fitness system!

Ditch the workout and
join the PARTY!

Participants must be at least 7
years old and must be 12 years older and
older to use the weights.

ZUMBA is one of many
free classes for YMCA members.

During Zumba hours the gym is reserved
for those who are participating in the class.
Proper fitness footwear is required. Due to

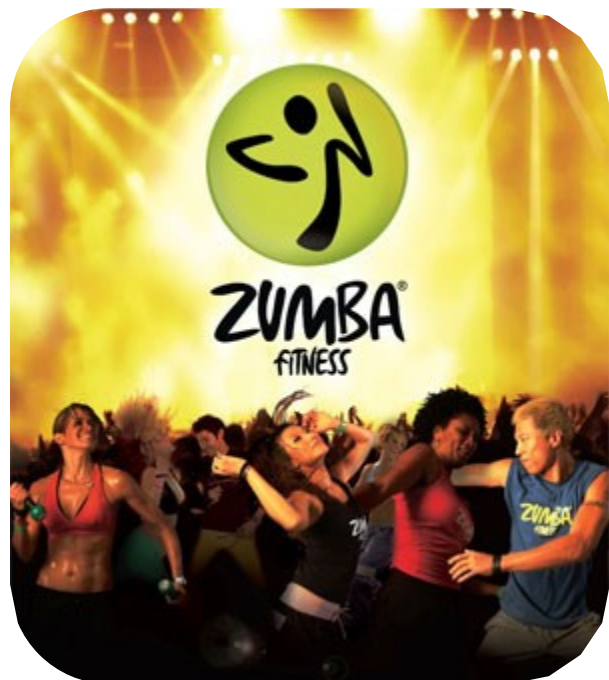
safety concerns

Fountain Valley YMCA

301 E. Iowa Avenue Fountain CO 80817

P 719 382 1561

www.ppymca.org/fountain-valley-ymca



Instructed by Tisha Daniel