

Fitness & Fun! **ZUMBA**

Age 10 & up

Daytime

T, Th, Sat 9-9:45am

Evening

M, T & Th

6-7pm

@ ABC Park Gym

801 Adams Blvd.



Monthly fees are based on \$5 per class when a minimum of 4 classes are prepaid. Drop in rate is \$8 per class

Zumba is a workout that sculpts & tones the body in a fun & energetic way. It combines the pulsating footwork of Latin dance & reggae with a bit of belly dance & hip hop with a fitness flair. Your heart rate stays up as you workout. You don't need to be a dancer to have fun & move to your own groove in this class!

*The 45 minute morning class is considered an impact class.
For more information on Zumba visit www.zumba.com
Instructor Shannon Pinkard is a certified Zumba instructor*

CREATIVE KIDS KLUB Is a great alternative to kids staying at home while parents are at Zumba. Kids will enjoy arts & crafts, creative movement and/or story time.

location ABC Park Gym classroom

day Sat 9-9:45am

evening M,T&Th 6-7pm

\$20 per month unlimited use for one child

\$5 per child, for additional children from the same family

\$3 drop in rate for 1st child and \$2 for each additional child from the same family



Boulder City Parks and Recreation Department
900 Arizona Street 293-9256

