



ZUMBA®

fitness

Perfect for everybody and Every Body type! Each Zumba® class is designed to bring people together to sweat it on. Quick the workout and join the party is our motto.

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness is called exercise in disguise.

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Certified Instructor: Deb Sherwinski

Time: Mondays 6:30-7:30pm

Fee: \$35 Residents/\$40 Non-Residents

Dates: April 4-May 9, May 16-June 27 (off 5/30), July 11-August 15, August 22-October 3 (off 9/5)

Min. 6/Max. 35

Sign up at least 1 week before each new session begins! Please note that by registering for any program your photo may be used in advertising.

Zumba®Fitness: Make Checks Payable to: Merrillville Parks and Recreation

Students Name: _____

Address: _____

Phone: _____ Birthdate: _____ / _____ / _____

e-mail: _____

Class session enrolling in: _____