

Van Buren Township Recreation Department



ZUMBA

fitness

Zumba combines Latin rhythms and easy to follow moves to create a fun and dynamic fitness program. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Participants will have a blast and won't even realize they are exercising.

****Designed for everyone of all ages**

Instructor: Rosabella Schofield

Ongoing...

Wednesdays

11:00a.m.-12:00p.m.

Fridays 11:00a.m.-12:00p.m.

Starting Wednesday March 21 Zumba 6:00p.m.-7:00p.m.

\$7.00 drop-in fee per Van Buren Resident

\$8.00 drop-in fee per Non-Resident

Classes held at:

46425 Tyler Road

Van Buren Twp., MI 48111

734-699-8921