

Fitness & Fun!

ZUMBA

at ABC Gymnasium



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!

age	10-adult
day	T & Th
location	ABC Park Gym
time	9-10am & 6-7pm
day	Sat
time	9-10am
fee	\$8 per class when a min. of 4 classes are prepaid
drop in	\$10 per class

For more information on Zumba visit www.zumba.com Instructor Shannon Pinkard is a certified Zumba instructor



Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256