



GET FIT CLASS: ZUMBA

Zumba eliminates the work from working out by combining Latin music with dynamic, simple exercise moves. Participants are engaged and entertained with rhythms including:

Salsa, Samba, Merengue, Cumbia, Belly Dancing, and Reggaeton.

Ditch the Workout-Join the Party

WEDNESDAYS FROM 4:30-5:30p MARYMOUNT HOSPITAL AUDITORIUM

CLASS SCHEDULE: 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24

CLASS FEE IS \$25.00 FOR 10 SESSIONS AND IS DUE IN FULL PRIOR TO START OF FIRST SESSION

DROP OFF CASH OR CHECK TO LINDA CORSI IN REHAB SERVICES

MAKE CHECK PAYABLE TO: MARYMOUNT HOSPITAL

PAYROLL DEDUCTION IS ALSO AVAILABLE

Contact Manny Economos at ext 3602 or meconomos@marymount.org for more info