



Zumba

Zumba is a fitness program that combines Latin and international music with dance moves. **Zumba** routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness.

Every Wednesday at 2:15 .

Location-Briggs Library 108 E. Railroad St, St. Johns, MI

REGISTRATION

Adults-Jan \$15, Feb
\$20, March \$20

Youth-Jan \$9, Feb
\$12, March \$12

Call DeWitt YMCA
(517)827-8660

Briggs Library

