



Parks, Recreation and Forestry Department

ZUMBA

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You will want to work out, love working out, and get hooked. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Tuesdays

7:00 pm to 8:00 pm

Session I: May 12 to June 30

Session II: July 14 to September 1

Instructor : Angela Johnson,
Certified Zumba Instructor

Fee: \$40.00 Res. / \$60.00 Non-Res. Per session
Includes Sales Tax

Location: Community Center

***Class will be held at the Silver Lake facility - 1101 S. Silver Lake Street
on June 2, 9, 16 & 23**



Register at the Community Center - 324 W. Wisconsin Ave., Oconomowoc, WI 53066
262-569-2199

On-line at www.oconomowocusa.com