



ZUMBA

**NO DANCE
EXPERIENCE
REQUIRED!**

FITNESS

at Capehart Park

This class is HOT - HOT - HOT!

If you're looking for a fun and new way to lose weight, this class is for you. Zumba is a fusion of Latin and International music combined with dance fitness moves to create a dynamic and effective cardiovascular and toning workout.

Mondays

7:00 p.m. - 8:00 p.m.

Tuesdays

7:00 p.m. - 8:00 p.m.

Thursdays

7:00 p.m. - 8:00 p.m.



**\$5
PER PERSON
PER CLASS**

715 Capehart Drive, Orlando, FL 32822



For information please call:

Yessica at (407) 235-8459 or

Capehart Park at (407) 254-9118



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability.

ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.