

**NO DANCE
EXPERIENCE
REQUIRED!**



**\$5
PER PERSON
PER CLASS**

ZUMBA

FITNESS

Renaissance Senior Center at South Econ Community Park

3800 South Econlockhatchee Trail, Orlando, FL 32829

Ditch The Workout, Join The Party!

**Mondays and Wednesdays
6:50 - 7:50 p.m.**

Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

**Join our certified Zumba fitness instructor and experience
this dance fitness phenomenon called ZUMBA!**

- Avoid wearing shoes that have a thick tread found in many running shoes.
- Bring water or your favorite sports drink and a towel.
- Wear comfortable workout clothes.
- And a sense of fun! Let's PARTY!



407-245-9070 • OrangeCountyParks.net



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.