

We now are offering...

Zumba Classes

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UNTIL NOW!



The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

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 a Zumba class! It's the best party around town.

Instructor: Natalie Brennan

Time: 3 – 4 pm
in the Portage Rotary Multi-purpose room

Dates: Sundays
May 23 & 30
June 6, 13, 20 & 27
July 4

Drop In fee: \$6.00

Zumba class is included with your Active Membership Pass.

