



ZUMBA

Zumba your way to fitness!

Zumba combines irresistible Latin and international dance music with **easy-to-learn moves**, borrowing steps from **salsa, cumbia, cha cha cha, samba, reggaeton**, and more! The results? An effective interval cardio workout that is **unbelievably fun!** So **join the party, invigorate your spirits** and dance your way to a **healthier body.**

Absolutely no dance background is required.

Instructor: Tina Stenger is an official Zumba Fitness Instructor & certified Group Exercise Instructor

Wednesdays
6:35-7:35 pm
Free to Members

Sonoma County Family YMCA 1111 College Ave Santa Rosa CA 95404
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The YMCA is a not-for-profit, community organization. Financial assistance is available.

