

Zumba

Zumba is aerobic line dancing. Usually different levels, Zumba Gold for seniors, intermediate and Extreme. Our class is suited for seniors and beginners. We may do squats, jumping jacks, etc. while dancing. If unable to do the moves, modifications are always welcome (like side steps or marching in place). As long as you're moving, having fun, and sweating you're doing great! We use all styles of dance including Latin, Hip-Hop, Disco, Mambo, Cumbia, Cha-Cha, etc.