ZUMBA®

FITNESS is here!

With Angie F

Are you ready to ditch the work-out? Join the party!

Zumba is a fun aerobic dance workout that incorporates music from all over the world!

When: Monday and Thursday nights

What time: 5:15-6:15

Where: Morrow City Hall

$5 per class, age 55 and over- $3

All levels and experience welcome

Bring a drink, a smile and hand weights*

*optional