

Zumba Dance

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be “fun and easy to do,” allowing Zumba participants to stick to the Zumba fitness program and achieve long-term health benefits. Zumba is a “feel-happy” workout that is great for both the body and the mind. Zumba is a fusion of Latin and international music dance themes that create a dynamic, exciting and effective fitness system. It is a mixture of body-sculpting movements with easy-to-follow dance steps.

WCHS - Door 40 Mon: 6:30 PM - 7:30 PM

Fee: Students must pay for entire month.

Section 1: 7/9,7/16,7/23,7/30.....	\$24
Section 2: 8/6, 8/13, 8/20, 8/27.....	\$24
Section 3: 9/10/, 9/17, 9/24.....	\$18
Section 4: 10/1, 10/22, 10/29.....	\$18
Section 5: 11/5, 11/12, 11/19, 11/26.....	\$24
Section 6: 12/3, 12/10, 12/17.....	\$18

Cardio-Strength-Flexibility

Looking for a great class that gets results?

This class includes step, cardio with a Latin flair, free weights and other props to help you develop your muscular strength, movements to increase your flexibility, and ends with a relaxing segmented cool down. All you need to bring is a towel and water.

GC/Gym

Section 1: 8/6 – 9/12 **Section 2:** 9/17 – 11/5 **Section 3:** 11/7 – 12/17

Mon & Wed: 6 - 7 PM Fee: \$80

Vinyasa Yoga

The style of yoga for this class is called Vinyasa. Vinyasa yoga links poses in a flowing series that warms and energizes the body in an aerobic practice. This class is for beginners to intermediate. Modifications are always welcome to honor a person’s body and fitness level. Registration is required in advance. Please call 532-6156 or 532-5614 to register. Bring mat. Minimum of 10 students required.

WCC - Door 70 Wednesdays: 6:00 - 7:00 PM

Section 1: 6/6 – 8/15 **Fee:** \$60

Section 2: 8/22 – 11/7 **Fee:** \$60

Section 3: 11/14 – 12/19 **Fee:** \$38