

Zumba at Homewood

For JHU Faculty and Staff

Zumba Class

Monday
5:15pm-6:15pm

Session Date at Two Separate Locations:

Location 1:

*July 10 -
August 28, 2017*
Mattin Dance Studio

No Class:

September 4

Location 2:

*September 11, 18
& 25, 2017*
Smokler Center for
Jewish Life
3109 N. Charles Street
Baltimore, MD 21218

Cost for Session:

\$25
(cash or check)

Notes:

Wear comfortable
clothing and tennis
shoes and bring a water
bottle and a towel



JOHNS HOPKINS
UNIVERSITY

Zumba

Zumba is a Latin inspired dance fitness class that blends Latin music and easy to follow dance steps to form a "fitness-party" that is high energy and lots of fun. Burn calories and build up your endurance by moving to alternating fast and slow rhythms.

This class is open to all levels.

Register Online Register online
by going to the
wellness section of the
[Benefits website.](#)

Email wellnessprograms@jhu.edu
with questions



Sponsored by the Office of Benefits Services