

Zumba at School of Medicine

For JHU Faculty and Staff

Zumba Class:
Wednesday
12:45pm-1:30pm

**Spring 2017
Series Dates**

*May 3
June 7
July 5
July 19
August 2*

Location:
Turner Building
West Room

Cost:
\$13 (cash or check)

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



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.



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