

Zumba at School of Medicine

For JHU Faculty and Staff

Zumba Class:

Thursday
5:30-6:15pm

Fall Series

Dates 2017

October 5 –
December 14, 2017

No Class

November 23

Location:

Meyer Gym

Cost:

\$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.



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