

# Zumba at Homewood

For JHU Faculty and Staff

## Zumba Class

Monday  
5:30pm-6:30pm

## Session Date:

July 9 -  
August 27, 2018

## Location:

Mattin Dance Studio

## Cost for Session:

\$20 for entire session

## Notes:

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



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## 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](mailto:wellnessprograms@jhu.edu) with questions.



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