

# Zumba at School of Medicine

## For JHU Faculty and Staff

### Zumba Class:

Wednesday  
12:45pm-1:30pm

### Series Date:

August 1 –  
October 3, 2018

### Location:

Turner Building  
Darner Room

### Cost:

\$25 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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