Zumba Class:
Thursday
5:30pm-6:15pm

Series Dates:
January 10 –
March 14, 2019

Location:
Meyer Gym

Cost:
$25 for entire session

Notes:
Wear comfortable clothing, 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.

Sponsored by the Office of Benefits Services

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