

# Zumba at School of Medicine

For JHU Faculty and Staff

## Zumba Class:

Thursday  
5:30-6:15pm

## Series Dates:

March 29 –  
June 14, 2018

## No Class:

April 26  
May 24

## Location:

Meyer Gym

## Cost:

\$25 for entire session

## Notes:

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



JOHNS HOPKINS  
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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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