

Zumba at School of Medicine

For JHU Faculty and Staff

Zumba Class:

Thursday
5:30-6:15pm

Series Dates:

September 13 –
December 20, 2018

No Class:

October 11 & 18
November 8, 15 & 22

Location:

Meyer Gym

Cost:

\$25 for entire session

Notes:

Wear comfortable
clothing, 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.



Sponsored by the Office of Benefits Services