Zumba Fit

Zumba® Fit is a feel good workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning. No dance experience required. Dance to great music, with great people and burn a lot of calories without even realizing it!

Date: Wednesday & Friday

Time: 6:45-7:45pm

Age: 18 years and up

Fee: $5 per class

RALEIGH Parks, Recreation and Cultural Resources
parks.raleighnc.gov

Halifax Community Center
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