

Zumba Toning + Core



Zumba Fitness® blends red-hot international music and contagious steps to create a "fitness-party" that is downright addictive and perfect for most fitness levels. There's no other class like it! Zumba Toning® + Core is perfect for those who love the party-like atmosphere of Zumba, but want additional emphasis on sculpting muscles. Maraca-like Toning Sticks enhance the sense of rhythm and add additional weight. This class also features simpler dance routines and focuses more on toning. Extra time will be devoted to strengthening your core. Join now and party your way into shape.

No dance experience necessary!

Toning Sticks are optional and may be purchased in class for \$15. Remember to bring an exercise mat. Contact Rachel Czys to ask questions and to register: rczys1@yahoo.com or 262-903-4541.