

# ZUMBA

Ditch the workout and join the party! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Fast and slow rhythms, plus resistance training are combined to tone and sculpt your body while burning fat!

For additional Zumba information call (856) 751-0095 or visit [www.vivapilates.net](http://www.vivapilates.net).

- All ages and fitness levels
- Wear sneakers and exercise attire



**Date:** Tuesdays, January 17 – March 13

**Time:** 7:30 p.m. – 8:30 p.m.

**Location:** [Level Road School House](#)

**Fee:** ERS \$108 Resident  
\$118 Resident  
\$128 Non – Resident

**FOR ADDITIONAL INFORMATION & TO REGISTER:**

[Lower Providence Parks and Recreation](#)  
(610) 635-3543