

ZUMBA TONING IS HERE!!!!

WHAT IS ZUMBA® TONING?

Its an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. **ZUMBA® TONING** is an innovative muscle-training program with the addition of lightweight toning sticks. We provide the 1 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Now that you've worked on your lower body rhythm, its time to perfect the upper body! The NEW and exciting Zumba toning program is designed to offer the participant a safe, yet effective total body-toning workout! This class is open to everyone, no previous dance or ZUMBA® class experience necessary.



*Check out this HOT-NEW class!! Though drop-ins are
ALWAYS WELCOME!!!*