

Muscle
Strength

Increased
Coordination

Mind
Boosting

Social

No Experience
Needed!

ZUMBA

Lunchtime Fitness

A great way to mentally and physically reset your day.

3 Classes

WEDNESDAYS @ NOON

Wednesdays, March 8, 15, & 22

12 NOON - 12:40 PM

Arctic and Pacific Conference Rooms

QUICK FACTS:

- No need to change clothes
- Low Impact
- No experience necessary
- Modify each move to your own comfort level