

Ditch the workout,



FREE

**Location: Buckner
Physical Fitness Center**

**Tuesday & Thursday
1130
and
Monday and Wednesday
1800**

Join the party!



Join the millions of people that have decided that having fun and working out are not mutually exclusive. Join those who'd rather have a blast. Join the party!

Zumba® Fitness is like no other workout you will ever experience!

Zumba® Fitness was created in the mid-90's by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars. Inspired by the traditional cumbia, salsa, samba and merengue music he grew up with, Beto paired his favorite pulsating Latin rhythms with the red-hot international dance steps his clients loved and Zumba® Fitness (Spanish slang for "to move fast and have fun") was born!

Since Beto brought Zumba® Fitness to the US in 1999, it has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits. Experience

Zumba® Fitness

Kids must be actively participating with guardians. Thank you for your consideration.

