



ZUMBA[®]
fitness

ZUMBA

Who: Adults 18+
When: Wednesdays
Time: 6:00 p.m. - 7:00 p.m.
Where: Wixom Community Center
49015 Pontiac Trail
Wixom, MI 48393

Let's take the "work" out of "workout" and dance the stress and pounds away. Using a mix of low and high intensity dance moves for an interval-style calorie-burning experience, Zumba is for everybody and every body!
Instructor: Ms. Brittani

July 13 - August 17 (5wks, \$50)
***omit 7/3**



Parks & Recreation 248-624-2850 www.wixomgov.org