



## **Zumba Fitness for the Family**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Kids ages 6 yrs. and up have a blast, get focused and get fit along with their family!

**When: Sundays - 10:00am** (starting Oct. 24<sup>th</sup>)

**Where: Studio A** (second floor)

**Who: Families** (kids 6yrs & over)



## **Yoga for Kids / Tweens**

Yoga for kids is a natural way to exercise, relax, focus, and strengthen the body/mind/spirit connection, as well as the general health and well being of children. Kids will learn breathing meditations, relaxing visualization, and fun yoga poses for all ages and abilities.

**When: Thursday 5:30-6:15pm** (starting Oct. 21<sup>st</sup>)

**Where: Studio A** (second floor)

**Who: Kids & Tweens** (ages 6 & up)

These classes are **Free for Members**

