

Fitness Classes



ZUMBA®

fitness with **Kathy B.**

Zumba Fitness is the fastest growing Latin-inspired dance-fitness Program that blends red-hot international music and contagious steps, while burning up to 800 calories during one hour “fitness-party” that is downright addictive.

Stretch and Tone fuses basic yoga and pilates movements to increase flexibility through resistance, while improving muscle definition. **Body Sculpt** contours muscles for your ideal body shape through light weights and cardio, specifically targeting all the major muscle groups.

Bring a pair of 2 or 5 pound weights and a mat (for Body Sculpt class).

Walk-in \$7 • 10-Class Card \$50 • 20-Class Card \$85

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 a.m.	Stretch & Tone	Zumba®		Zumba®	Stretch & Tone
10:30 a.m.	Zumba®	Body Sculpt		Body Sculpt	Zumba®
7:00 p.m.	Zumba®		Zumba®		

**For more information, call 954-345-2121
or contact the instructor at 954-464.8143**

The Coral Springs Aquatic Complex is located in the Sportsplex, which is just east of the Sawgrass Expressway between Sample Road and Royal Palm Boulevard, at 12441 Royal Palm Boulevard.

