

ZUMBA FITNESS

When participants see a Zumba class in action, they can't wait to give it a try.

Zumba classes feature exotic rhythms set to high-energy, Latin and international beats. Before participants are aware, they are getting fit and their energy levels are soaring! Zumba is easy to do... effective and totally exhilarating! Participants achieve long-term benefits, while experiencing an exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body, while also burning fat.

WHERE: Church Street Recreation Center (behind the Library)
Third Floor

WHEN: Thursday evenings:

Session I - September 15 through November 3 (closed 9/29 and 10/13)

Session II - November 10 through December 22 (closed 11/24)

TIME: 7:30 to 8:30 PM

INSTRUCTOR: Kelly Lynn Hemmes McCollister - Has 20+ years of dance experience in choreography, performance, and teaching various forms of dance including ballet, tap, modern, lyrical jazz, contemporary, and hip-hop. Certified in Zumba and a ZIN Member-Official Zumba Instructors Network

FEE: For 6-week session: \$66.00...Moorestown Residents
(Non-Residents \$76.00)

REQUIREMENTS: Please bring water bottle and wear comfortable clothing and shoes

REGISTRATION: Register at www.moorestownrec.com. Visa and Mastercard accepted. Checks payable to Township of Moorestown