



What is ZUMBA exactly?

It is a fitness program that combines high energy and motivating music. Zumba is based on the principle that a workout should be FUN and EASY to do. It focuses on fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. This is a very popular program and is spreading like wildfire. Join the excitement here in Zion's Gym!

Every Tuesday, 6:00pm - 7:00pm

Tell a friend, family member or neighbor - EVERYONE is WELCOME!
No Zion affiliation is necessary to attend.

\$10/session

BABYSITTING available for \$2/child!!!

No registration needed - just COME!

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