



**LOW IMPACT
MILD TEMPO
HIGH RESULTS**

**Thursdays
6:30PM – 7:30PM**

Begins January 6th 2020

**Free to members
\$60.00 for non-members**

**Registration is required
Space is limited**

Low Impact Zumba

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

The class is low impact. Including less emphasis on floor work and plyometrics. Come ready to sweat, and prepare to leave empowered and feeling strong.

**For more information, contact Tony Casale, at the Westfield YMCA,
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ZUMBA[®]
FITNESS