



Thursdays: July 7th—August 11th, 2022

(6 week session)

Location: Biela Center— 4545 Midlothian Turnpike

Instructor: Kristen Castillo

Times:

6:30— 7:30 PM

(Code #213001-K)

Zumba, a type of dance fitness that has been around since the 1990s, is the backbone of the dance fitness craze— it incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun, exciting way to build and tone muscle, improve cardio, and promote a healthy lifestyle.

Fees for the 6 Week Session:

Residents- \$48 / Non-Residents- \$54

Punch Card- \$54 (allows 6 visits within two sessions)



Register by visiting us at the CRWC.
5331 W 135th St. Crestwood, IL 60418
708-659-4800 www.crestwoodfitness.com