

# Zumba!

**Tuesdays & Thursdays**

**APRIL 8th-MAY 15TH**

**6 week session**

**Location: CRWC Multi-Purpose Room**

**Instructor: Kristen Castillo**

**7 PM – 8 PM**

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.

## *Class Packs*

**Just Tuesday OR Thursday (6 total):**

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

**Tuesday & Thursday Classes (12 total):**

**Residents- \$96 / Non-Residents- \$108**

**Drop in:**

**\$10 a class**



Register by visiting us at the CRWC.  
5331 W 135th St. Crestwood, IL 60418  
708-659-4800 [www.crestwoodfitness.com](http://www.crestwoodfitness.com)