

Zumba!

Tuesdays & Thursdays

September 17th-October 24th

(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