What is ZUMBA?
ZUMBA is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. ZUMBA utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It targets areas such as gluts, legs, arms, abdominals and the most important muscle in the body, the heart. It is a mixture of body sculpting movements with easy to follow dance steps.

When?
Classes will be held every Monday and Wednesday for the entire month of June beginning June 8th! (June 8th, 10th, 15th, 17th, 22nd, 24th, 29th & July 1st) That’s a total of 8 classes!!!

Where and what time?
Classes will be held in the College of Public Health room 2018 located on the second floor! Convenient to your side of Campus!!! Classes will be held from 5pm - 6pm.

How much?
The TOTAL cost for the month long session of classes is $35.00...that’s less than $5 per class!!!

How can I pay and join???
ZUMBA classes are for anyone at any fitness level. Visit the Campus Rec website at www.usf.edu/camprec and click on the link that says Online Store. Once inside the store click on the Group Fitness link and then the ZUMBA link to register and pay.

Is there a registration deadline?
YES!!!
The last day to register and pay for this session will be Friday June 5th!!!!

If you have any questions or concerns you can contact Krystal Vias at 974-4436!