



ZUMBA®

**Saturdays, 10 - 11 a.m.
Main Library - Banx Room**

Zumba classes are for ages 12 and older. Wearing work-out clothes and sneakers is recommended. And remember to bring water!

Zumba is an hour-long, high energy, calorie-burning fitness class that uses pop and Latin music to create a dance-party atmosphere. Low-intensity and high-intensity moves are easy to follow for all level participants who can set their own pace. It is an effective and fun cardio workout that melts fat, strengthens core, and improves flexibility.

Alina Khaspekov is a certified Zumba instructor with over 3 years experience teaching Zumba and Zumba Tone classes. She loves music, dancing, and seeing smiling faces after each class!

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Please call 508-799-1655 ext. 3
or visit mywpl.org to register.

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