



# GO FOR ZUMBA!

Zumba is one of the most popular dance workouts in the world. The Latin-inspired dance workout is a fun, high-energy routine that has many health benefits. Start dancing as a workout by selecting a Zumba class to join!

## Instructor: Den

**Time:** Monday, 9.30am to 11.00am  
Wednesday, 9.30am to 11.00am  
**Price:** 4 lessons | Member \$99.36 w/GST  
| Guest \$112.32 w/GST

## Instructor: Brigid

**Time:** Tuesday, 9.30am to 10.30am  
**Price:** 8 lessons | Member \$156.60 w/GST  
| Guest \$178.20 w/GST

## Instructor: Aaron

**Time:** Monday, 7.30pm to 9.00pm  
Thursday, 7.30pm to 9.00pm  
**Price:** 8 lessons | Member \$183.60 w/GST  
| Guest \$205.20 w/GST

## Instructor: Jarren

**Time:** Saturday, 3.30pm to 5.00pm  
**Price:** 8 lessons | Member \$183.60 w/GST  
| Guest \$205.20 w/GST

All Zumba classes  
are held at the Aerobics Room.