

ZUMBA

fitness

GET FIT TO A LATIN BEAT

Zumba - total body workout including salsa, reggaeton, calypso and belly dancing



classes held on Mon/Wed

@ 1700

Aerobics Room, Fitness Center

Learn FUN and EASY steps, it's a fitness party workout!

MCRD
San Diego

GET FIT
FUN
Zumba
steps
steps
FIT
Zumba
FUN
GET FIT
easy

**For info call
Fitness Center
619.524.4427**



mccsmerd.com