

# DANCE FITNESS CLASSES



**Movin' & Groovin'**  
M & W & F 9am

**Beginning  
Movin' & Groovin'**  
W & F 10am

A MIXTURE OF DANCE INCLUDING ZUMBA. COME GET YOUR GROOVE ON WHILE LEARNING A FUN WAY TO WORKOUT WITHOUT KNOWING YOU ARE DOING IT.

**Zumba**  
M & W 6:30pm

ZUMBA COMBINES FAST AND SLOW RHYTHMS THAT TONE AND SCULPT THE BODY USING PRINCIPLES FROM AEROBICS AND FITNESS.

**GRANTS PASS FAMILY YMCA**  
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