

Zumba

Tuesdays and Thursdays

Tuesday: 6:00 p.m. - 7:00 p.m.

Instructor: Melanie Mele

Thursday: 6:00 p.m. - 7:00 p.m.

Instructor: Yolima Solano

Fee: \$5/members \$10/Nonmembers Day-Pass



Zumba instructors use a series of specifically choreographed dance moves to provide a total body work out. Each class is set to up-tempo, primarily Latin inspired and other contemporary music that has you itching to dance before the instructor even starts and culminates in the most fun you will ever have working out. Like all workouts, Zumba classes start slower and grow in intensity before a cool-down to finish the class.

You don't need to be a strong dancer or have any experience to enjoy Zumba. The learning curve is much smaller than many other popular exercise programs and the repetitious dance moves will have you in the groove in no time.

From Zumba.com "A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class."



YOLIMA

**THURSDAYS
5:30 - 6:30 PM**

MORE INFO :

TELEPHONE: (203) 456 - 1413
EMAIL: DCC-RECEPTION@CIFC.ORG
12 BOUGHTON STREET, DANBURY, CT 06810

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**NEW INSTRUCTOR &
NEW TIME!**

ZUMBA CLASS

× × × ×

**FEE:
\$5 PER CLASS**

Centro Comunitario de Danbury



YOLIMA

**JUEVES
5:30 - 6:30 PM**

MÁS INFORMACIÓN:

TELÉFONO: (203) 456 - 1413
CORREO ELECTRÓNICO: DCC-RECEPTION@CIFC.ORG
12 CALLE BOUGHTON, DANBURY, CT 06810

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**NUEVA INSTRUCTORA
Y NUEVO TIEMPO**

CLASE DE ZUMBA

× × × ×

**TARIFA:
\$5 POR CLASE**



ZUMBA CLASS

MELANIE

Tuesdays
6:00 p.m. - 7:00 p.m.

**FEE:
\$5 PER CLASS**

Telephone: (203) 456 -1413
Email: dcc-reception@cifc.org
12 Boughton Street, Danbury, CT 06810



Centro Comunitario de Danbury



CLASE DE ZUMBA

MELANIE

Martes
6:00 p.m. - 7:00 p.m.

**TARIFA:
\$5 POR CLASE**

Telefono: (203) 456 -1413
Correo electrónico: dcc-reception@cifc.org
12 Calle Boughton, Danbury, CT 06810



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