

Aqua Zumba Classes



Are you ready
to party
yourself into
shape? That's
what Aqua
Zumba is all
about!

Zumba unites easy, high-energy, calorie-burning dance moves with Latin, Salsa, Merengue and Reggaeton music. It's an exhilarating dance fitness-party for total body toning. And, it's so much fun you'll barely know you're working out!

You do not need to know how to swim for this shallow water workout. Foot coverings recommended - call Suzy for details. Childcare options are available for a small extra fee.

Special Free Demo Class Sunday, June 22, 7:30 - 8:00 - no pre-registration needed

Day: Sundays, June 29 - August 10

Time: 7:30 - 8:30 pm

Location: Virginia Hills Swim Club

Full Session: 7 classes \$50

Drop in rate: \$10/ class

Contact Suzy Thompson at mitchellandsuzy@juno.com or 571-228-1924 for more information or questions. Make checks out to Suzy Thompson and mail to 6101 Florence Lane, Alexandria, VA 22310.