

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

FAMILY ZUMBA - Beginner level

Come and wiggle your hips to a fun Latin dance fusion for the whole family. Great time for family exercise. Dance your way to a fun form of cardio exercise. 8-12 years old must be accompanied by a parent. 13 and over may participate without a parent.

ALL ADULTS WELCOME



FAMILY ZUMBA

Ages: 8-12 years old must be accompanied by parent
13 and over may participate without a parent
ALL ADULTS WELCOME

When: Tuesday/Thursday
3:00 - 4:00 pm

Where: Aerobic Studio

Contact: Leroy Thomas
@ 440-9622 ext 223

Member: Free
Community Member: \$50/month



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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541)440-YMCA

www.ymcaofdouglascounty.org

