

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**Dance your way to a fitter you.
Exciting and unique latin moves and rhythms.**



Zumba

Monday/Wednesday

6:0 - 7:00 pm

Instructor: Meg

Fee: Free to Members
\$50 Community Members

ZUMBA



Family Zumba

Tuesday/Thursday

3:00 - 4:00 pm

Instructor: Leroy

Fee: Free to Members
\$50 Community Members



Zumba

Friday

5:30 - 6:30 pm

Instructor: Laura

Fee: Free to Members
\$25 Community Members

ZUMBA

Beginning Zumba 101

Monday/Wednesday

11:20 - 12:20 pm

Instructor: Meg

Fee: Free to Members
\$25 Community Members

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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541) 440-YMCA (9622)

www.ymcaofdouglascounty.org