



Zumba at Yack Arena!

3131 3rd Street. Wyandotte. MI. 48192

\$5.00 Drop Ins

Live DJ, Guest Instructors, Live Party

ZUMBA® is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

Wednesdays 6:00pm-7:00pm

Dates;

May 21, 2014

June 25, 2014

July 2, 2014

July 16, 2014

Contact Information

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