

IN-PERSON ZUMBA SESSION: LET IT MOVE YOU



Tuesday, September 17, 2024 | 11:45 a.m. - 12:45 p.m.

Please join us for a Zumba session led by Fernanda Jarrin, a certified Zumba instructor. Fernanda's choreography is creative and fun, and her teaching style makes even the most straightforward moves fresh and dynamic.

In this in-person activity, participants will learn some basic easy-to-learn movements. The simplicity of the activities is part of the class's appeal. People who find some moves challenging can substitute with lower-impact alternatives that they feel more comfortable with. We hope you enjoy it!



**50 Burnhamthorpe Road West, Suite 300,
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