



# Zumba®

**Zumba®** fuses latin rhythms and easy to follow moves to create a dynamic calorie burning fitness program that strengthens and sculpts the body.

**M** 5:40pm @ **13th St.** / 11:30am @ **56th St.\*** / 6:15pm @ **76th St.** / 6:35pm @ **Great Neck**

**T** 5:45pm @ **Whitehall** / 5:45pm @ **21st St.** / 6:45pm @ **Great Neck**

**W** 7:00am @ **Whitehall** / 12:30pm @ **21st St.** / 6:15pm @ **50th St.**

6:15pm @ **76th St.** / 10:10am @ **Great Neck**

**Thur** 12:15pm @ **23rd St.** / 6:45pm @ **56th St.** / 5:30pm @ **23rd St.** / 10:00am @ **76th St.**

5:45pm @ **50th St.** / 6:45pm @ **Cooper Square** / 8:00pm @ **23rd St.** / 12:15pm @ **45th St.**

**F** 9:15am @ **13th St.\*** / 6:15pm @ **50th St.\***

**S** 10:15am @ **21st St.** / 12:15pm @ **45th St.**

**Sun** 4:00pm @ **45th St.**

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