



# Harrisburg Area YMCA

East Shore Branch

Northern Dauphin Branch

West Shore Branch



## What is Zumba?

**Exhilarating activity and caloric-burning**  
**Body-energizing**  
**Inspiring routines**  
**Intervals with fast and slow rhythms**  
**Exercise in disguise**

- Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Our goal is simple: We want you to want to work out, to love working out, and to get hooked.
- Zumba® Fanatics achieve long term benefits while experiencing in one exhilarating hour of caloric-burning, body-energizing, inspiring movements meant to engage and captivate!
- The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!



*We build strong kids, strong families, and strong communities*

