



Zumba® fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO. 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. Making fitness fun, Zumba® has spread like wild-fire and has positioned itself as the single most influential movement in the industry of fitness.

**☀ Gentle Exercise with Zumba® Gold**

**It's about what you CAN do!** Have fun and get moving! Every exercise is low impact and may be adapted to fit your particular challenges. You can even exercise while sitting in a chair! Certified Zumba Gold fitness instructor Emily Goward will lead you through a Zumba Gold mix of safe and effective aerobic exercises designed to improve your overall strength, endurance and mobility. Adults of all ages and fitness levels welcome.

**CEHFS-1172 - All sections**

DGym	Dbn Hts Center	9:30 - 10:30 am
12 sessions	\$70/ DbnRes \$63	E. Goward
<b>Mon</b>		
☀ Sec. 189142		Sep 21 - Dec 7
<b>Wed</b>		
☀ Sec. 189143		Sep 23 - Dec 9
<b>Fri</b>		
☀ Sec. 189141		Sep 18 - Dec 11 (No class Nov 27)

**☀ Zumba® Fitness**

**Spice up your routine** Eliminate the "work" in your workout. Zumba is an amazing combination of irresistible Latin music with dynamic, yet simple, exercise moves that is so much fun you're barely aware you're getting an excellent, variable impact, cardio workout. The beat of the music inspires you and keeps you going. Whether you're in great shape or a couch potato, or if you're seeking a change as much as a challenge, Zumba is for you! All abilities and fitness levels welcome.

**CEHFS-1180 - ALL SECTIONS**

DGym	Dbn Hts Center	E. Goward
4 sessions	\$20	
<b>☀ Mon</b>		
Sec. 189459	10:30 - 11:30 am	Sep 14 - Oct 5
Sec. 189460		Oct 12 - Nov 2
Sec. 189461		Nov 9 - Nov 30
<b>Mon</b>		
Sec. 189144	8 - 9 pm	Sep 14 - Oct 5
Sec. 189428		Oct 12 - Nov 2
Sec. 189429		Nov 9 - 30
<b>☀ Tue</b>		
Sec. 189430	9:30 - 10:30 am	Sep 15 - Oct 6
Sec. 189431		Oct 13 - Nov 3
Sec. 189432		Nov 10 - Dec 1
<b>Thu</b>		
Sec. 189433	8 - 9 pm	Sep 17 - Oct 8
Sec. 189434		Oct 15 - Nov 5
Sec. 189435		Nov 12 - Dec 10 (No class Nov 26)
<b>☀ Fri</b>		
Sec. 189456	10:30 - 11:30 am	Sep 18 - Oct 9
Sec. 189457		Oct 16 - Nov 6
Sec. 189458		Nov 13 - Dec 11 (No class Nov 27)

**Zumba® Fitness - Walk-In Option**

If you would like to try it out, or participate in single sessions for other reasons, you may walk in to any session listed above (CEHFS-1180) and enroll and pay at the door. See dates & times for CEHFS-1180, above

**CEHFS-1181**

See above dates and times for CEHFS-1180		
DGym	Dbn Hts Center	E. Goward
	\$5	

**☀ Zumba® Toning**

**Another dimension** Complement your regular Zumba Fitness routine with this muscle toning and strength training option. Based on the same great music and dance moves of Zumba Fitness, you'll add additional fitness moves and use light weight toning sticks to target major muscle groups. This class is open to everyone, no previous dance or Zumba experience necessary.

**CEHFS-1183 - ALL SECTIONS**

DGym	Dbn Hts Center	E. Goward
4 sessions	\$20	
<b>☀ Tue</b>		
Sec. 189446	10:30 - 11:30 am	Sep 15 - Oct 6
Sec. 189447		Oct 13 - Nov 3
Sec. 189448		Nov 10 - Dec 1
<b>Wed</b>		
Sec. 189449	8 - 9 pm	Sep 16 - Oct 7
Sec. 189450		Oct 14 - Nov 4
Sec. 189451		Nov 11 - Dec 9 (No class Nov 25)
<b>☀ Thu</b>		
Sec. 189452	10:30 - 11:30 am	Sep 17 - Oct 8
Sec. 189453		Oct 15 - Nov 5
Sec. 189454		Nov 12 - Dec 10 (No class Nov 26)

**Zumba® Toning - Walk-In Option**

If you would like to try it out, or participate in single sessions for other reasons, you may walk in to any session listed above (CEHFS-1183) and enroll and pay at the door.

**CEHFS-1184**

DGym	Dbn Hts Center	E. Goward
1 session	\$5	

= Online, = Daytime Course, = Also for Michigan Educator SBCEU

Questions? Call 313-317-1500 or toll-free 1-877-855-5252