

The ZUMBA fitness program integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. The cardio-based dance movements are easy-to-follow steps that work all the muscles.

Classes taught by Jen Viel, certified ZUMBA instructor.

Join us at Grace Valley at 9:00 on Saturday mornings.

Please check the calendar page for dates.