

NEW Zumba Class with Paige

Ditch the routine,



Join the party!



DIAMOND
FAMILY FITNESS CENTER
at the 



Tuesdays

7:15-8:00pm—Paige

Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. You can burn 400-700 calories in one hour!

Group
Exercise