

Contact: Cathy Harvey
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No advance signup is required.

All Denison students, faculty and staff are welcome!

Sponsored by the Denison Intramural Program.

Bring a water bottle!

DAY	TIME	SITE	INSTRUCTOR	DESCRIPTION
Monday's	4:45-5:45 PM	Mitchell Center Room 252	Laura Moxley	Zumba is a fusion of Latin and International music that combines Latin dance steps with whole body fitness movements. This aerobic fitness program is based on the principle of interval training where the heart rate increases and decreases throughout the workout, enabling participants to burn a lot of calories AND get fit!
Wednesday's	4:45-5:45 PM	Mitchell Center Room 252	Laura Moxley	Zumba is a fusion of Latin and International music that combines Latin dance steps with whole body fitness movements. This aerobic fitness program is based on the principle of interval training where the heart rate increases and decreases throughout the workout, enabling participants to burn a lot of calories AND get fit!

posted: Monday, 17-Mar-08 1795 EST