



ZUMBA AT MAIDES PARK!

Feel the Beat & Move Your Feet!



Get ready to move, groove, and have fun! Join us at Maides Park for a high-energy Zumba program designed to get your heart pumping and your body moving to the rhythm of exciting Latin-inspired beats.

No registration required! Available to those 18 years of age or older.

This program has different engaging sessions to suit your schedule and keep the energy going in 2025! Program will operate on Saturday mornings from 10:30 AM to 11:30 AM.

Session One includes: **January 4, 11, & 25**

Session Two includes: **March 1, 8, 15, 22, & 29**



Participants are encouraged to bring comfortable workout clothes, supportive shoes, a water bottle, a small towel, and your energy!

Davis Center at Maides Park
1101 Manly Ave
910-341-7867 or 910-341-0056 (Español)