

Bloomsburg Town Pool Presents:



AQUA ZUMBA®

Mondays – 6:00 p.m. to 6:45 p.m.

(Memorial Day, May 30, 2016 through Labor Day, Sept 5, 2016)

Cost: \$3.00 per session, wow! (tell the front desk staff you're at the pool for AZ!)

Instructor: Sue Hock, Licensed Zumba® Instructor

Aqua Zumba® is perfect for those looking to make a splash by adding a low impact, high energy exercise to their fitness routine. The benefits include less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is challenging and helps tone your muscles.

Aqua Zumba® blends the Zumba® philosophy with water resistance for a pool party you shouldn't miss! What a great way to spend a summer evening!

