



City of Los Angeles Department of Recreation and Parks
 Roz Wyman-Palms Park
 2950 Overland Ave. Los Angeles, CA 90064
 310-838-3838 or 310-202-4531



ZUMBA WITH KEIKO!

ZUMBA

Ages 18+

ARE YOU READY TO BURN CALORIES AND DANCE YOURSELF INTO SHAPE? THAT'S EXACTLY WHAT THIS ZUMBA CLASS IS ALL ABOUT. IT'S AN EXHILARATING, EFFECTIVE, EASY TO FOLLOW, LATIN INSPIRED, CALORIE BURNING DANCE FITNESS EXPERIENCE THAT WILL SURELY IMPROVE YOUR MOOD AND HEALTH!

Mondays 7:30-8:30 p.m. \$40/month

Wednesdays 7:30-8:30 p.m. \$40/month

ZUMBA GOLD - LOW IMPACT

Ages 35+

Saturdays 9:30-10:30 a.m. \$40/month



A 15% administrative fee will be assessed by the City of Los Angeles Dept. of Recreation and Parks for any patron granted a refund. Full refunds will only be given if a program is cancelled by the center. There are no refunds or credits for missed days.

ZUMBA TONING

Ages 18+

ZUMBA TONING COMBINES TARGETED BODY-SCULPTING EXERCISES AND HIGH ENERGY CARDIO WORK WITH LATIN-INFUSED ZUMBA MOVES TO CREATE A CALORIE TORCHING, STRENGTH TRAINING, DANCE FITNESS EXPERIENCE. LEARN HOW TO USE LIGHTWEIGHT, MARACA-LIKE TONING STICKS TO ENHANCE THE RHYTHM AND TONE TARGET ZONES, INCLUDING ARMS, ABS AND THIGHS!

*** ZUMBA TONING STICKS REQUIRED, NOT PROVIDED.**

Mondays 6:15-7:15 p.m. \$40/month

ZUMBA TONING GOLD - LOW IMPACT

Ages 40+

ZUMBA GOLD IS A LOWER-INTENSITY VERSION OF THE TYPICAL ZUMBA CLASS AND WAS DESIGNED TO MEET THE ANATOMICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL NEEDS OF SENIORS. ZUMBA GOLD WILL PROVIDE A SUITABLE OPTION FOR OLDER ADULTS SEEKING ALTERNATIVE MEANS OF REACHING THEIR EXERCISE GOALS.

Wednesdays 6:15pm-7:15pm \$40/month

Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.