



ZUMBA – Classes will be starting in September at Renee's Dance & Tumbling. Zumba is a fitness class done to Latin rhythms and dance movements. The Zumba program integrates many different styles of exercise to fit everyone's needs. Renee Werden, Certified Zumba instructor, will be teaching Zumba. Whether a person wants to get toned or lose weight, Zumba is for you! The dance steps are easy to follow and you will master Zumba in no time at all.

So.....ditch the workout;
join the party!
Zumba!

Call 792-1166 for more information
Address: 519 North Main Street – Carroll, Iowa