Zumba is a Latin inspired dance fitness class that blends Latin music and easy to follow dance steps to form a "fitness-party" that is high energy and lots of fun! Burn calories and build up your endurance by moving to alternating fast and slow rhythms. This class is open to all levels.

**Register Online** by going to the wellness section of the [Benefits website](http://benefits.jhu.edu). Email wellnessprograms@jhu.edu with questions.

**Zumba at School of Medicine**

**For JHU Faculty and Staff**

**Zumba Class:**
- Wednesdays
- 12:45pm-1:30pm

**Series Date:**
- July 8-Sept.16, 2015
- *No Class Aug 12*

**Location:**
- Pre-Clinical Teaching Building
- 5th Floor Conference Room

**Cost:**
- $25
- (cash or check)

**Notes:**
- Wear comfortable clothing and tennis shoes and bring a water bottle and a towel