

Zumba at Homewood

For JHU Faculty and Staff

Zumba Class

Monday

5:30pm-6:30pm

Session Date:

January 22 -
March 26, 2018

Location:

See Room Schedule

Cost for Session:

\$25 for entire session

Notes:

Wear comfortable clothing and tennis shoes and bring a water bottle and a towel



JOHNS HOPKINS
UNIVERSITY

Zumba

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

Register online by going to the wellness section of the

[Benefits website.](#)

Email wellnessprograms@jhu.edu with questions



Sponsored by the Office of Benefits Services

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Monday	1/22/18	Mattin 101
Monday	1/29/18	Glass Pavilion
Monday	2/5/18	Mattin 101
Monday	2/12/18	1101 E 33 rd St.
Monday	2/19/18	1101 E 33 rd St.
Monday	2/26/18	Glass Pavilion
Monday	3/5/18	Great Hall
Monday	3/12/18	Glass Pavilion
Monday	3/19/18	Mattin 101
Monday	3/26/18	Glass Pavilion

The room schedule is subject to change. Registrants will be notified by email if a room change occurs.

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