

Zumba at Homewood

For JHU Faculty and Staff

Zumba Class

Monday

5:15pm-6:15pm

November 11th *only* will be
from 5:30pm to 6:30pm

Session Date:

October 14 –
December 16, 2019

Location:

See Schedule

Cost for Session:

\$25 for entire session

*Lump sum payment will be
collected via payroll
deduction only*

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

Zumba at Homewood

For JHU Faculty and Staff

Monday	October 14	Clipper Room
--------	------------	--------------

Monday	October 21	Great Hall
--------	------------	------------

Monday	October 28	Clipper Room
--------	------------	--------------

Monday	November 4	Clipper Room
--------	------------	--------------

Monday	November 11	Great Hall
--------	-------------	------------

Monday	November 18	Clipper Room
--------	-------------	--------------

Monday	November 25	Mattin 101
--------	-------------	------------

Monday	December 2	Clipper Room
--------	------------	--------------

Monday	December 9	Mattin 101
--------	------------	------------

Monday	December 16	Mattin 101
--------	-------------	------------

Sponsored by the Office of Benefits Services