

# Zumba at School of Medicine

## For JHU Faculty and Staff

### Zumba Class:

Wednesday  
12:45pm-1:30pm

### Series Date:

January 15-  
March 18, 2020

### Location:

Turner Building  
Darner Room

**Note:** March 18<sup>th</sup> class  
will be in the West  
Room, just off Turner  
Concourse

### Cost:

\$25 or entire session  
*Lump sum payments  
will be deducted 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](mailto:wellnessprograms@jhu.edu) with questions.



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