



aqua

ZUMBA®

Aqua Zumba is coming to HHR this summer!

What is Aqua Zumba?

Aqua Zumba is classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. The typical land-based Zumba dance steps, such as cha-cha, merengue, salsa, reggaeton and mambo, need to be more exaggerated and slower in the water, so the water tempo is half the land tempo. Men & Women Welcome.

HHR will continue to have Kathleen do her Mon / Thurs / Fri classes in the morning. This class will just be one more option. Likely starting in June.

Please vote for the time you like best. Vote by March 31.

Resident Name: _____

Circle ONE:

Option A

Tues @ 6pm
Sat @ 9am

Option B

Mon @ 6pm
Thurs @6pm

Option C

Wed @6pm
Sun @ 9am