



Press Release

***El Paso Parks and Recreation
Leisure Services Division***

“Get Fit with Zumba”

WHAT IS ZUMBA?

A Zumba workout mixes body sculpting movements with dance steps derived from **cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and calypso and Salsaton**. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.

WHERE:

Class	Facility	Days	Times	Resident Fee/Month	Senior Resident Fee/Month
Zumba	Ft. Martinez Senior	Tues & Fri	T 10:30 AM F 9:15-10:15 AM	\$18	\$9
Zumba *NEW	Gary Del Palacio	Mon & Wed	10:30-11:30 AM	\$18	\$9
Zumba	Gary Del Palacio	Tues & Thurs	5:30-6:30 PM	\$18	\$9
Zumba	Multipurpose	Mon & Wed	5:45-6:45 PM	\$18	\$9
Zumba	Marty Robbins	Mon & Thurs	10:15-11:15 AM	\$18	\$9
Zumba *NEW	San Juan Senior	Mon & Wed	1-2 PM	\$18	\$9

For one day try out class fee is \$5.



***For Leisure Services Division Coordinator please contact
Brenda Romero at 544-0753 Ext. 22 or 240-3311***

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