

Zumba

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class!

***Odom Fitness Center,
Bldg 1507***

For more information, call **301-619-2498.**

www.detrick.army.mil/mwr



Fort Detrick, Maryland