

HEAT UP THE POOL PARTY.™

Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™ that makes working out a splash.



NEPEAN
Aquatic
CENTRE

FOR CLASS DETAILS

CONTACT YOUR LICENSED ZUMBA INSTRUCTOR:

Kelly
47308-900

aquazumba@nepeanaquaticcentre.com.au

Nepean Aquatic Centre
16-19 Lambridge Place, Penrith

Thursday 7pm - 7.45pm
Commencing 3rd November, 2011

Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and laughing, are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, our Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating.



zumba.com