

ZUMBA[®] for Kids

Zumba with Carmen

Licensed Instructor

*Come try this
high-energy,
fun,
Latin dance-based,
class!*

Ages 7-11

**Tuesdays
5 to 6 P.M.**

@ the Morro Bay Community Center

\$35/Month



Perfect for our younger Zumba[®] fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

Zumba[®] Kids classes feature kid-friendly routines based on original Zumba[®] choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

For details, contact The City of Morro Bay (805)772-6278 www.morrobayca.gov



MORRO BAY RECREATION SERVICES

1001 Kennedy Way, Morro Bay, CA 93442 ~ (805)772-6278

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