



Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!

There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating.



DC Department of Human Resources
Workforce Development Administration
presents

HEALTH & WELLNESS SERIES **ZUMBA CLASSES**

Mondays

5:30pm – 6:30pm

January 7, 14, & 28

February 4, 11, & 25

March 4, 11, 18, & 25

441 4th Street, NW

Old Council Chambers

Open to all DC Government employees
Space is limited

No registration required--first 50 employees will be admitted--must sign in and complete Release Form

**For information: Contact the
DCHR Workforce Development
Administration at
202.442-9624**