



DC Department of Human Resources
 Workforce Development Administration
presents

HEALTH & WELLNESS SERIES

ZUMBA CLASSES

Mondays

(not second Monday each month)

5:30pm – 6:30pm

May 6th & 20

June 3rd, 17th, 24th

July 1st, 15th, 22nd, 29th

August 5th, 19th, 26th

September 16th, 23rd, 30th

October 14th, 21st, 28th

November 4th, 18th, 25th

December 2nd, 16th

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

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.

