



ZUMBA®

Fitness Classes

Connie Clark, Instructor

TUESDAYS & THURSDAYS

9:00 to 10:00 A.M.

Estes Park Senior Center - 220 4th St.

Advance sign up required - 5 student minimum per class

Call 586-2996 to sign up

Classes open to those age 50 and over

MED X or Senior Center members:

Use a **DOUBLE PUNCH** on your Fit Plus Pass (= \$3 PER CLASS)

(Fit Plus Pass sold at Senior Center)

Non-member or drop-in rate - \$5.00 per class

**It's time to have FUN with your exercise routine!
This is an aerobic fitness class using Latin rhythms &
easy-to-follow movements that create a dynamic
low-impact fitness program — *anyone can do it!***



ESTES PARK
COLORADO

Town of Estes Park - Estes Park Senior Center
220 Fourth Street - Estes Park, CO (970)586-2996
www.estes.org/seniorcenter

MED X of Estes
158 1st Street - Estes Park, CO (970) 577-0174

