



MERCY MEDICAL CENTER

Zumba

Join the party! Make Zumba a part of your lifestyle.

What is Zumba?

Zumba is a fusion of Latin and international music combined with dance fitness moves to create a dynamic and effective cardiovascular and toning workout. .

What should I wear to class?

Wear comfortable clothes and athletic shoes.

For more information

Contact Lillian Sanchez
at 209.564.4310 or
lillian.sanchez@dignityhealth.org

Classes are held at:

Merced Senior Community Center
755 W. 15th Street
Merced, CA 95340

MONDAYS, WEDNESDAYS, AND THURSDAYS:
5:30pm - 6:30pm

This class is free and does not require registration. Children under the age of 13 are not allowed.

*Zumba is co-sponsored by the
City of Merced's Recreation
Department*

