

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.

Location:

Merced Senior Community Center

755 W. 15th Street
Merced, CA 95340

Class Days and Times:

Mondays and Wednesdays

5:30pm - 6:30pm

*This class is free and does not require registration.
Children under the age of 13 are not allowed.
For more information send an email to
MMCM-CommunityHealth@dignityhealth.org.*

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

Wear comfortable clothes and athletic shoes.



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