

## **Zumba will return to the TF Studios Monday, June 15; plus more fitness information!**

Friday, June 5, 2020

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Zumba will return to the TF Studios on Monday, June 15, at 10 a.m. in Studio #1, and continue at that same time daily (M-F). Laurie Galison will lead Zumba on Monday, Wednesday and Friday. Shantoya Thomas will return to her usual Tuesday/Thursday schedule.

As with our other fitness classes, cost remains at \$4 per class. (\$3 with the prepaid punch card).

Important information on this class:

- Class duration is 45 minutes
- Class size is limited to 20 people
- Only small fanny pack-like bags are allowed in the studios
- All participants need bring their HOA card and a fitness towel to class.

The other fitness classes remain as follows:

- 8 a.m. Low Impact Aerobics
- 9 a.m. Strictly Strength
- 11 a.m. on Tuesday/Thursday Core Conditioning and Balance
- 11 a.m. on Monday, Wednesday and Friday, Parkinson Pedaling.

The Hydro Class will also continue to meet on Monday and Wednesday at 8 a.m. with class size increased to 30 participants.

*Source: Melissa Kallett, Director, Recreation and Fitness*