

## SPRING 2016 COMMUNITY PROGRAMS

### Aqua Zumba



Known as the Zumba® “pool party,” the Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba® class blends it all in a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief!

Location:	Riesenberg Gymnasium Pool
Meets:	Tuesdays : 7:30pm– 8:15pm
Dates:	March 15, 22, 29, 2016 April 5, 12, 19, 26, 2016 May 3, 2016
Cost:	\$100 for 8-Week Session
Instructor:	Natasha Soto

Registration Deadline: Wednesday, March 9, 2016

Community Programs  
6 Pennyfield Avenue  
Bronx, NY 10465

Phone: (718) 409-4955  
Fax: (718) 409-1229  
Email: [cprograms@sunymaritime.edu](mailto:cprograms@sunymaritime.edu)

[www.sunymaritime.edu/communityprograms](http://www.sunymaritime.edu/communityprograms)