FALL SESSION 1
AUGUST 31 - OCTOBER 5TH
THURSDAYS @5:30PM

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. It achieves long term benefits while experiencing an absolute blast in one exciting session of calorie burning and body energizing movements.

REGISTRATION

The SU fee for Southwestern students, faculty, staff, retirees, alumni and their spouses or partners is $20 for 1 day/week (Thursday) The fee for the general public is $40 for 1 day/week

SPACE IS LIMITED! To register head to the SIRA website and fill out the SIRA Fitness Registration Form

Instructor Qualifications: Kelly Sanford has both Zumba Fitness and American Red Cross certifications.

More Information(?)
Contact Anna Castillo @ (512)863-1783 or castilla@southwestern.edu