SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES



Zumba®

Sping 2019 – Session I (January 17th – March 14th)

Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is $20.00 for 1 day/week (Thursday). The Public rate that all applies to all other individuals is $40.00.

SPACE IS LIMITED!! To register, please fill out the SIRA Fitness Online Registration Form: https://www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/fitness-and-wellness/.
Participants may pay for class on-line (with a Pirate Card) or pay via check (make checks payable to "Southwestern University") to the SIRA Office (CJR215) or via campus mail.

Session Schedules and Format

- Thursdays from 5:30-6:20pm in the CJR Aerobics Room

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

No prior Zumba® experience is necessary. Comfortable tennis/fitness shoes are recommended.

Instructor Qualifications

SIRA's Zumba instructor, Kelly Sanford, has significant dance experience, in addition to Zumba Fitness and American Red Cross certifications.

More information(?)

Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu