



Zumba®

Fall 2021 – Session II (October 19 – November 30)

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 (Tuesday). Note: The general public is not currently eligible to register for SIRA Fitness Classes.

SPACE IS LIMITED!! To register, please fill out the SIRA Fitness Online Registration Form. 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

- Tuesdays from 5:40-6:30pm in the CJR Aerobics Room

- Note: No class will be held on Tuesday, November 23 (Pre-Thanksgiving Break – CJR closes early).

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, Vickie Keith, has significant Zumba experience in addition to certifications from Zumba Fitness and the American Red Cross.

More information(?) Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu