



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY TO MOVE!

Zumba, Zumba Toning, Strong by Zumba and Mixxed Fit

Effingham YMCA

Get ready to work up a sweat! Join one of our amazing six class choices we offer.

Janina

Monday: 6:30p
Tuesday: 10:15a
Certified in Zumba since 2014 her love for fitness and passion for dance is combined to for an amazing



Jonathan

Wednesdays: 7p
Certified since 2010 his passion for Zumba brings him just as much joy as he gives his attendees an escape thru dance

Emily

Tuesdays: 6:30p
Certified in 2018 she is all about strength and endurance using Strong by Zumba to help you reach your fitness goals.



Leila

Thursdays:
10:15p & 5:30p
ZIN™ Member since Oct 2017, certified in Zumba & Zumba®Toning. Her excitement makes