SEMINOLE COUNTY
FLORIDA'S NATURAL CHOICE

Leisure Services Department **Parks and Recreation**

Zumba Fitness Classes @ Sylvan Lake Park (ages 16 years and up)

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Times

9:00 a.m. to 10:00 a.m.	9:30 a.m. to 10:30 a.m.	6:00 p.m. to 7:00 p.m.
Saturday	Monday	Tuesday
	Wednesday	Thursday
	Friday	

Kids Hip Hop

Ages 5 to 12
5:00pm – 5:45pm
Tuesday

Cost

***$7 per class if signing up for individual classes**
***$50 unlimited classes for the month**

Sylvan Lake Park (407) 665-2180

845 Lake Markham Road (off of HWY 46), Sanford, FL 32771 • Open M-F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

www.seminolecountyfl.gov/parks

It Starts in Parks℠

FOR MORE INFORMATION ABOUT LEISURE SERVICES VISIT:
www.seminolecountyfl/leisure