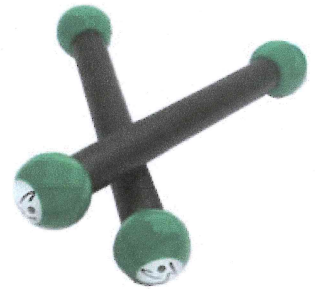




ZUMBA[®] toning

is here at HBTS!

Tues & Thurs @ 11:20



Kim takes it to another level...

\$3.

Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing innovative muscle training methods with the addition of light weight toning sticks or dumbbells. Created to emphasize muscle strengthening along with dance rhythms, this combination of cardio and dynamic resistive exercises is effective to improve muscle fitness. This class is assured to provide you with a safe and effective, re-defining total body workout!

Come try it!