

For Immediate Release

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Zumba Begins at the Bonita Springs Recreation Center

Zumba is every Tuesdays and Thursdays from 8:00 a.m. -9:00 a.m. at the Bonita Springs Recreation Center.

Bonita Springs-April 13, 2010–Starting May 11th the Bonita Springs Recreation Center will have Zumba every Tuesdays and Thursdays from 8:00 a.m. -9:00 a.m. The class is six weeks long and will be \$60.00. ZUMBA® is like no other workout you will ever experience! Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries & 500-700 calories Please wear comfortable clothing and gym shoes.

Zumba® is not only great for the body, but is also great for the mind. It is a "feel-happy" workout. Be prepared to have fun and sweat!

For more information please visit www.bonitaspringsrecreation.org or call 239-992-2556.

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