

Ocean Pines Recreation & Parks Department Presents:

# Get Fit! In Ocean Pines

## Ocean Pines Community Center

### MORNING ZUMBA

Tuesdays, 8:30am-9:15am

September 27- November 8, Nov 15- Dec 20, Dec 27- Jan 21

No Class 10/18

### PM ZUMBA

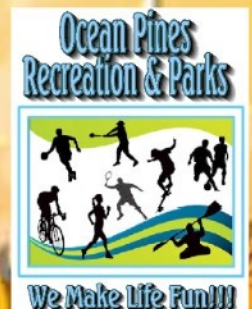
Wednesdays, 4:30-5:15pm

September 28-November 9, Nov 16- Dec 21, Dec 28- Feb 1

No Class 10/19

**Resident- \$30, Non-Resident- \$35 Drop-In-\$6**

This class is a total workout suitable for all ages & levels of experience. The class combines various fitness activities...cardio, muscle conditioning, balance, flexibility, boosted energy & a serious dose of attitude & awesome. Fast & slow Latin rhythms, ton & sculpt the body utilizing principles from aerobics & fitness activities. Each segment offers different workout options, making it safe for all dance levels & age groups from young adult to seniors. Ditch the workout & come to a party!!



To register contact: Ocean Pines Recreation & Parks Department:  
410.641.7052, [www.oceanpines.org](http://www.oceanpines.org)