Even if you have never danced before, you will learn all the basics of this exciting workout. If you do have previous dance experience you will enjoy adding new moves and styles to your experience. This High/Low impact class will make you sweat while you learn new moves and have fun doing it!

WHAT IS ZUMBA?

Zumba is a dance inspired cardio class which features the latest in salsa, cumbia, samba, meringue, cha-cha, reggaeton and more! Have fun while raising your heart rate and burning fat — all with hot music and even hotter dance moves!

Call today to pre-register
Limited class size
304-929-6734 or 304-872-4520