An exciting addition to the fitness program!
Part of the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center

WHAT IS ZUMBA?
Zumba is a fusion of Latin and international music and dance themes, creating a dynamic, exciting, and effective fitness program. Zumba is easy, fun, and great for the mind, body, and soul!

WHO CAN PARTICIPATE?
Huntsman Cancer Institute patients and survivors can participate. The greatest part about Zumba is that you don’t have to know how to dance. The class is designed for all fitness levels.

WHEN AND WHERE IS THE CLASS?
• Monday and Wednesday mornings from 7–8 a.m.
• Monday afternoons from 4:30–5:30 p.m.
• Thursday evenings from 6:15–7:15 p.m.
• All classes held in the Cancer Learning Center conference room on the sixth floor of the Cancer Hospital

WHAT CAN I EXPECT?
The class is led by certified Zumba instructors. A typical class consists of a warm-up session, the main routine, and a cool down. Each class will include new moves to keep things exciting. Don’t forget to wear comfortable workout clothes, bring lots of water and a towel, and most of all have your party attitude!

WHAT IF I HAVE QUESTIONS?
Call 801-587-4585 or visit www.huntsmancancer.org/wellnesscenter.