



POWER PROGRAM

THE LINDA B. AND ROBERT B. WIGGINS WELLNESS AND INTEGRATIVE HEALTH CENTER



Offered by 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, caregivers, and staff can participate. All classes are free. 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 morning from 7-7:30 a.m.
- Monday afternoons from 4:30-5:30 p.m.
- Wednesday 4:30-5:30 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, 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!

Cancer Learning Center Multipurpose Room
6th floor of the Cancer Hospital

For more information, call the Wellness Center and Integrative
Health Center at 801-587-4585

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