

Looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine?

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McKenzie  
now offers



## AQUA ZUMBA®

### Perfect For

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

### How It Works

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

### Benefits

There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Zumba classes will be on Tuesdays at 6:00 p.m.**

**(2) 8-week sessions**

**June 12 - Aug 4**

Make Up Week Aug 7-11

**Aug 14 - Oct 6**

Make Up Week Oct 9-13



McKenzie Health and Wellness Center  
170 W. Argyle Street, Sandusky, MI 48471



**To learn more or register, call 810-648-6117**