

The Springfield Department of Parks, Buildings & Recreation
Management Presents:

Aqua-Zumba

A combination of dance and aerobics blend together for this latest trend in water fitness! This up-beat fitness class provides participants with a fun and exciting way to stay in shape. Water resistance allows people to exercise in ways they could not out of the water.

Pre-Registration is required.

All Aqua-Zumba classes are based on enrollment and are subject to cancellation.

Minimum of 10 students required, and a maximum of 25 students.

Session One:

Location: Milton Bradley School

22 Mulberry St. Spfld., MA

Dates: TBD.

Class based on registration

Times: 6:30 – 7:30pm



Cost is \$80.00 for Springfield residents, and \$100.00 for non-Springfield residents.

Cash or check only.

To register, or for more information about any of our aquatics programs, please call the Aquatics Director,
Joe Federico at (413) 787-6298.

