

The great dancer and choreographer Alvin Ailey said, “Dance is for everybody. I believe that the dance came from the people and that it should always be delivered back to the people.”

Here at the New Rochelle Y, we work hard to deliver dance back to the people with all of our Zumba classes! Zumba is a high intensity, dance based workout that is inspired by Latin American movements and dance styles.

Whether you are a beginner, intermediate or advanced, Zumba instructors work with students to help them feel comfortable and excited about their dance fitness journey.

We offer a variety of Zumba classes during the week for different intensity levels.

- **Zumba Gold** is designed for our senior members and isn’t as high of intensity as regular Zumba, but is open to everyone.
- **Aquacise/Aqua Zumba** is a low impact water based workout that is guaranteed to leave your muscles sore and craving more! This is a great option for seniors as well.
- **Bollydazz**, our newest class, is just like Zumba, but the movements are Middle Eastern inspired and guaranteed to give you the same results!
- **Zumba Body Sculpt** focuses on tightening, toning, and strengthening your core with equipment such as weights, bands, and bars.

Check out our class schedule below and we hope to see you dancing soon!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						ZUMBA	
9AM	ZUMBA GOLD		AQUACISE	AQUACISE	AQUACISE		
9:30AM						AQUACISE	90MINUTE ZUMBA
10AM	AQUACISE	AQUACISE			ZUMBA BODY SCULPT		
1PM				AQUACISE			
5PM		BOLLYDAZZ					
7PM		ZUMBA		ZUMBA			
8PM		AQUACISE	AQUA ZUMBA	AQUACISE	AQUACISE		