LET THE KIDS JOIN THE PARTY!!!

Incredible opportunity for children to keep fit in a fun and creative way! Learn dance moves, build confidence, enhance basic sport skills, play fitness games, relay races, obstacle courses, perfect basic tumbling skills & increase flexibility with yoga and pilates based stretching.



ZUMBA kids

A combination of Zumba movements from Salsa, cumbia, reggaeton, hip-hop and more designed just for kids.

J FITNESS alper jcc

Dancing, Fitness Games, tumbling & stretching in every class!

Second Semester: January through May — **Thursdays 3-4pm**

First Session: January 17 to March 21

Second Session: April 4 to May 30

(2nd session will include a parent showcase!)

Kids ZUMBA

Cost: Non-member $150/session JCC Member $135/session

Instructor: Stacey Harris - Personal trainer/Health Coach

305-389-3037 stacharr@bellsouth.net

ZUMBA for Kids!

ALPER JCC 11155 SW 112 AVE