

# Wednesday Night Online Zumba Classes

with certified instructor Carmen Williams!



**Cost:**  
FREE

**Time:**  
Wednesdays  
6:00 – 7:00 p.m.

**Location:**  
From the comfort  
of your home- join  
via Webex

Everyone is welcome, from Zumba beginners to advanced fitness gurus. Zumba is a great alternative to traditional fitness programs and can feel more like a party than a workout!

## Benefits of Zumba:

- Boosts heart health
- Reduces stress
- Promotes weight loss
- Improved Mood
- Full body workout
- Tons of fun!

For more information, or to register,  
please contact [vitalei@summahealth.org](mailto:vitalei@summahealth.org).

