

Aqua Zumba<sup>®</sup> is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba<sup>®</sup> philosophy of mixing low-intensity and high-intensity moves with water resistance for an interval-style, calorie burning pool party you don't want to miss!

You'll love the Latin and other world-rhythms that make-up the soundtrack of this class. This is exercise in disguise!

**For swimmers and non-swimmers alike:** Aqua Zumba is performed in chest-deep water.

## Classes are <u>40 minutes</u> in length

June 17 through August 23

### **General Info and Rules**

- Children are not allowed in the designated pool area where AquaZumba is taking place during class time.
- Kids aged 12+ can participate if they pay the class fee

#### **Class Credits/Punchards**

- All class credits expire at the end of the summer/pool season; no carryovers to the following year.
- Class credits are non-transferrable. Household members who share a family pool membership can also share an AquaZumba punch card. However, punches cannot be shared or transferred between people not in the same household.

### Weather and Cancellations

- If the pool closes for weather conditions, classes are canceled. No makeup classes will be offered for weather cancellations.
- Once a class has begun, if participants pulled out early due to weather, refunds/class credits will be issued if less than 50% of class was completed. If at least 50% of the class was completed, no refunds/credits will be given.

## **at Burlington Community Aquatic Center** 394 Amanda Street, Burlington

**Summer 2025** 

# Tuesdays and Saturdays! 6:00 PM

Cost:	Member	Non-member
Daily/Drop-in	\$9	\$10
5-class pass	\$40	\$45
10-class pass	\$70	\$80