



AQUA ZUMBA



CLASS DESCRIPTION: Known as the Zumba pool party, Aqua Zumba takes all the dancing fun of Zumba and brings it to the water for an exhilarating low-impact workout. This class is great for people (age 18+) of all fitness levels. We're in shallow water, and you don't have to know how to swim. Be sure to bring a water bottle and don't forget your sunscreen.

INSTRUCTOR: Courtney has been teaching Zumba for over 5 years. She currently teaches Zumba at the YMCA of Strafford County (Rochester) and S'WET, a high intensity aquatic exercise class at the Portsmouth Indoor pool. Courtney also teaches our Zumba Gold and Gentle Strength & Balance classes here in Exeter. She is an AFAA-certified group exercise instructor and personal trainer specializing in community-based plus size fitness! Courtney is also an avid yogi, obstacle course racer, powerlifter, and CrossFitter.

REGISTRATION: Pre-registration is suggested (space is Limited)

Registration is open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line or mail. (3) Minimum, (20) maximum.

LOCATION: Classes will be held in the Daniel R. Healy Memorial Outdoor Pool, 4 Hampton Road, Exeter, NH.

Date	Time	Fee
Wednesdays, July 5 – Aug. 9, 2023	12:00PM – 12:45PM	Free

EXETER PARKS & RECREATION DEPARTMENT

32 Court Street, Exeter, NH 03833

Phone: (603) 773-6151

Website: www.exeternh.gov/recreation

Business Hours: Monday-Friday, 8:15am-4:15pm