



2025 OUTDOOR AQUA ZUMBA Session 1



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. The pool will be open starting at 12:00pm for Aqua Zumba participants to begin their warmups.

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. Courtney is in her 10th year of teaching Zumba and Aqua Zumba. She teaches Aqua Zumba at the Mills in Exeter on Monday and Wednesday evenings. Besides having a Zumba license, she's certified by the Aquatic Exercise Association (AEA) and has taught S'WET (Structured Water Exercise Training), S'WET Deep, HydroPilates, and Aqua Yoga. You can reach her at courtmars@gmail.com if you're interested in her other classes.

REGISTRATION: Registration for residents opens on May 28. Non-resident registration opens on June 9. Registrations are accepted at the Exeter Recreation Office during our business hours, by phone, on-line or mail. (3) Minimum, (20) maximum.

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

Date	Time	Fee
Wednesdays, June 18 – July 16, 2025 *Does not meet July 2 & 9	12:15PM – 12:45PM	\$10/resident \$15/non-resident

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