

CITY AND BOROUGH OF SITKA  
PARKS AND RECREATION

# ZUMBA FITNESS

LED BY CERTIFIED ZUMBA  
INSTRUCTOR KATE DESROSIERS



Zumba Fitness is a full-body work out designed for any skill level. This lower impact class combines balance, breathing, flexibility, light cardio and stretching while building muscle memory. Ages 55+. \$25.



MONDAYS, 6 CLASSES

**NOW OCT 30-DEC 4**



1:30 PM -  
2:30 PM

**SWAN LAKE SENIOR CENTER, 402 LAKE ST**

Registration open now at  
[recreationatcityofsitka.com](http://recreationatcityofsitka.com) or by  
contacting Parks and Recreation.

FOR MORE INFORMATION OR TO REGISTER, CONTACT  
PARKS AND RECREATION BY EMAILING  
[RECREATION@CITYOFSITKA.ORG](mailto:RECREATION@CITYOFSITKA.ORG) OR BY CALLING  
907.747.4031.

