

**Benefits of Zumba:**

- Boosts heart health
- Reduces stress
- Promotes weight loss
- Improves mood
- Offers a full-body workout
- Is tons of fun!

# Zumba Classes

with certified instructor  
Carmen Williams!

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!

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For more information, please call **330.865.5365** or contact Monique Johnson at [johnsonmoni@summahealth.org](mailto:johnsonmoni@summahealth.org).

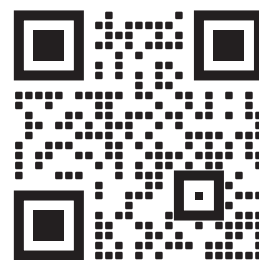
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**Where:**

Summa Health Equity Center

**When:**

Wednesdays, 6 – 7 p.m. and  
virtually on Saturday 8 – 9 a.m.

**Registration:**

Scan the code or visit  
[summahealth.org/zumba](https://summahealth.org/zumba)

**Cost:** Free