



# Zumba/Latin Dance

Break up your workout routine with our Latin dance class, where you'll increase cardio endurance and have fun!

**Zumba/Latin Dance**  
**Monday, October 31**  
**5:30 p.m. - 6:30 p.m.**

**Register Now**

**Space is limited.**

Please talk to your doctor before beginning an exercise program.

**Need Help Getting Care?**

Call a Horizon Health Guide at **1-800-414-SHBP (7427)**.

