



Adams Park Community Center  
3230 John Creighton Blvd.  
(402) 444-5164

Tuesday Class: 6:30 pm - 7:30pm  
Wednesdays Class: 6:30 pm - 7:30pm  
Drop-Ins = \$5/per class  
A punch card for 5 Classes = \$20  
A punch card for 10 Classes = \$40  
No monthly membership requires



**ZUMBA®: On Tuesday from 6:30 pm - 7:30pm.**

It is the Latin-inspired, calorie-burning dance fitness-party, booty-shaking, and lose weight. Experience with dance is not required and students can work at their own paces to dance and feel good about moving and have fun. Guaranteed good healthy time for all!



**ZUMBA SENTAO™: On Wednesday from 6:30 pm - 7:30pm.**

It is an explosive, chair-based choreography to strengthen, balance and stabilizes your core, learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique.

Are you ready to party yourself into shape? Please wear appropriate clothing and tennis shoes for workout; bring water bottle and towel. Bring a friend and come dance with us. Any questions contact Lan: (402) 250-2116 or email: [esave01@yahoo.com](mailto:esave01@yahoo.com)

