



The Department of Family Medicine
Integrative Medicine Program presents

Zumba

2nd and 4th Thursdays

5:30 to 6:30 p.m.

2nd Floor, Classroom A/B
UC Irvine Family Health Center
800 N. Main St.
Santa Ana, CA 92701

About the class

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Zumba is safe for a range of ages and fitness

Patients, staff and physicians welcome!

Free!

Please bring your own water.

For more information or to sign up, call
657-282-6355.

levels because the steps can be modified so that it's very low-impact. And all you need are a good pair of dance shoes or cross-trainers. Join us to learn how Zumba can help you achieve your fitness goals!

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UC Irvine Health

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