

Zumba Class



Join Julie Durham, your certified Zumba® instructor, who has been bringing the Zumba® party to St. Louis since 2016!

Dates: Mondays (1/12, 1/19 & 1/26)

Time: 5:30-6:30 p.m.

Location: St. Luke's Institute for Health Education (North Medical Building), 222 South Woods Mills Road, 2nd Floor, Atrium

Instructor: Julie Durham

Class size: 22

Cost: \$10

Get ready to sweat, smile, and move your body to infectious rhythms. Her classes are all about letting loose, feeling the music, and getting a fantastic workout without even realizing it. Julie's dance and teaching background help her to create a class environment that works for everyone. Come enjoy a fitness program that combines cardio and Latin-inspired dance- we can't wait to have FUN with you!

Please remember to wear comfy clothes, closed toe shoes, and bring a water bottle to stay hydrated. A wellness center medical clearance form is required for this class unless we already have a current one on file.

To register, please use the Sign-Up Genius link that was sent via email.

Confirmation of enrollment will be sent via Sign-Up Genius upon registration. Online payment may be made at the time of registration or via check no later than the end of the first week of class. Email courtney.gehrer@stlukes-stl.com with any questions regarding classes, registration, or to be added to a waitlist for a class.