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For Immediate Release

DANCE YOUR WAY TO FITNESS

The Boys & Girls Club offers Zumba® Fitness Experience for Children & Adults

Promoting health and wellness at the Boys & Girls Club of Laguna Beach has never been so fun and full of Latin Flavor!

In partnership with Mia Alicea, Artistic Director of the Coast Dance Center in Laguna Niguel, FREE Zumba® classes will be available for Boys & Girls Club members once a month. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. "Cardio workouts help promote heart healthy children and Zumba® is such a fun way to dance off calories. The kids don't realize it's a workout. They just love all of the dancing," says instructor Mia Alicea.

Adult Zumba® Fitness classes are a great way to get in your 60 minutes of cardio for the day. Participants can burn in excess of 500 calories while dancing to Latin sounds including Merengue, Salsa, Cumbia and Reggaeton. *Designed for all fitness levels, Zumba® for Adults is a great way to stay healthy and fit!* Classes are located at the Boys & Girls Club and are ongoing every Wednesday from 9:30-10:30 am. Class punch cards are available - \$50/5 classes or \$90/10 classes. First class is always FREE. Grab a friend and let's get moving!

For more information call the Boys & Girls Club at (949) 494-2535 or Mia Alicea at (949) 495-2119.

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