



CLASS DESCRIPTION: Known as the Zumba pool party, Aqua Zumba takes all the dancing fun of Zumba and brings it to the water for an exhilarating low-impact workout. This class is great for people (age 50+) of all fitness levels. The class is held in shallow water, and you don't have to know how to swim. Be sure to bring a water bottle and towel. Shower and changing room available onsite.

INSTRUCTOR: Courtney has been teaching Zumba for over 5 years. She currently teaches Zumba at the YMCA of Strafford County (Rochester) and S'WET, a high intensity aquatic exercise class at the Portsmouth Indoor pool. Courtney also teaches our Zumba Gold and Gentle Strength & Balance classes here in Exeter. She is an AFAA-certified group exercise instructor and personal trainer specializing in community-based plus size fitness! Courtney is also an avid yogi, obstacle course racer, powerlifter, and CrossFitter.

REGISTRATION: Pre-registration is required (space is Limited)

Registration is open to Exeter residents (age 50+), on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, over the phone or mail. (4) Minimum, (8) maximum.

LOCATION: Classes will be held at the indoor pool located in Langdon Place of Exeter (17 Hampton Rd. Exeter, NH).

Date	Time	Fee
Wednesdays, January 8 – Feb. 5, 2025	2:00-2:45PM	\$25/person

EXETER PARKS & RECREATION DEPARTMENT

32 Court Street, Exeter, NH 03833

Phone: (603) 773-6151

Website: www.exeternh.gov/recreation

Business Hours: Monday-Friday, 8:15am-4:15pm