

Ditch the workout! Join the party™!



Lets face it-- working out can be healthy, rewarding, and beneficial. Working out can be lots of things, but it's never been known to be much fun..... until now.



Zumba® fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic fitness program that will blow you away.

Our goal is simple: we want you to want to work out, to love working out, to get hooked.

Zumba® fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!



Zumba® every Friday at 5:30pm at
Just Breathe Yoga Studio

Drop in or buy a package of classes.

Classes starts June 19th