



Coming soon to The Trails!

ZUMBA WITH MS. BECCA



WHO IS MS. BECCA?

Now, in over 25 schools, centers, events and parties across Denver, #ZwMB sessions are a unique, fitness-focused experience for kiddos of all ages! Ms. Becca is a licensed Kids + Kids Jr. ZUMBA instructor with 15+ years of experience captivating kids of all ages through: educational events, "Club Med KIDS!" resort activities, athletic training + coaching, and working for Radio Disney! Impacting kids through positivity, fitness, and FUN is her passion - Let's get ROCKIN'!

WHAT IS ZUMBA?

ZUMBA sessions are super-cool & super-fun! Kiddos dance, exercise and move n' groove their way to a healthy future. Here they move to age-appropriate music and play fitness-focused games with their peers. ZUMBA Sessions build confidence, encourage teamwork, & teach kids of all ages the importance of a healthy lifestyle - all while being FUN! ZUMBA is exercise in disguise!

Mommy n' Me ZUMBA 0-3yrs
ZUMBA Kids Jr 4-5yrs
ZUMBA Kids 6+yrs

check it out!

facebook.com/mSbeccazumba



Join us for some **FITNESS-FOCUSED FUN**
Starts in June @ The Trails!

UPCOMING SESSIONS:

Mommy N' Me Zumba (0-3 yrs)

Wed 3:00-3:30 pm

Fee: \$40/month (4 classes) **#416**

Zumba Kids (4 yrs & up)

Wed 3:30-4:00 pm

Fee: \$40/month (4 classes) **#417**

(Drop-in available for \$14 provided we meet minimum registered participants)

Register at The Trails Front Desk or online at trailsrecreationcenter.org

For questions, contact Gina at 303-269-8409