

Zumba Continues

The St. Benedict Health Care Committee is pleased to continue Zumba classes. Please see the chart below for times, locations, fees and instructor information. Please enter at **3911 N. Bell** for classes in the Cafeteria and Heidenreich Hall.

	Monday	Tuesday	Wednesday	Saturday
<p>Zumba</p> <p>Fee: \$7 drop-in or \$50 10-week pass</p>	<p>7:00 – 8:00pm Heidenreich Hall</p> <p>Zumba class</p> <p>Laura Eckhardt lori1969cat@yahoo.com (773) 318-7629</p>		<p>7:00 – 8:00pm Cafeteria</p> <p><u>Strong by Zumba</u> HIIT class synced to Music</p> <p>Laura Eckhardt lori1969cat@yahoo.com (773) 318-7629</p>	<p>10:00 – 11:00am Cafeteria Zumba class</p> <p>11:10-11:50 am Cafeteria Zumba Gold for Seniors</p> <p>Laura Eckhardt lori1969cat@yahoo.com (773) 318-7629</p>