



ZUMBA[®]
fitness

JOIN THE
party

**FOUR
CLASSES
ADDED**

Party yourself into shape with the
Latin inspired, easy-to-follow
calorie burning dance fitness party.

MONDAY & WEDNESDAY
5:30 P.M. TO 6:30 P.M.
KIMBALL RIDGE CENTER

TUESDAY & THURSDAYS
12:00 P.M. TO 12:50 P.M.
KIMBALL RIDGE CENTER

NEW

TUESDAY & THURSDAY
10:30 A.M. TO 11:15 A.M.
KIMBALL RIDGE CENTER

NEW

TUESDAY & FRIDAY
3:45 P.M. TO 4:30 P.M.
KIMBALL RIDGE CENTER



Wellness Services

Wheaton Franciscan Healthcare

Available to
Covenant Wellness Center members.
For information call 319.272.2313.