

2017-2018 ZUMBA CLASSES



WHO:
UF and UF Health Employees

WHEN and WHERE:
Mondays, 5:20 - 6:20 p.m.
UF Cancer and Genetics
Research Complex
2033 Mowry Road, Room 451
After hours parking
available in front of the building

Tuesdays, 5:20 - 6:20 p.m.
UF Cancer and Genetics
Research Complex
2033 Mowry Road, Room 451
After hours parking available
in front of the building

Thursdays, 5:30 - 6:15 p.m.
J. Wayne Reitz Union, Multicultural
and Diversity Affairs
686 Museum Road, Room 2201
After hours parking available in lot
across the street and the
adjacent garage

COST:
FREE

Mondays with Deb

Monday's class is a mixture of traditional Zumba, STRONG by Zumba™, and Pound Fitness. **It is recommended that you bring your own mat.**

Deborah Noonan is an ER Nurse at UF Health Shands and has taught fitness classes since 1980. She has traveled nationally and internationally to present on various fitness topics since 1984. Deborah's parents were professional ballroom dancers and she was in a jazz dance company in New York. Deborah is a firm believer in education of dance and movement. She has a true love for creative expression through dance and enjoys sharing that love with others.

Tuesdays with Louise

Louise Watson is a retired Software Engineer who now focuses on fitness and art. She became a Zumba instructor because she loves to exercise and she loves to dance. She is passionate about sharing her enthusiasm for fitness and strives to provide a workout where everyone will be successful, safe and have lots of fun. Louise teaches Zumba, Zumba Toning, and Zumba Gold and has been teaching for four years.

Thursdays with Diana

Diana Moreno serves as Assistant Director for Multicultural & Diversity Affairs. She is a certified Zumba instructor and has been teaching in the Gainesville community for five years. Diana is passionate about creating an inclusive campus environment so you'll be sure to feel comfortable and have fun while getting a great cardio workout.