

FREE Zumba® Classes City of Cooper City

Zumba® Mondays 6:00 - 7:00 p.m.

Zumba® Gold Tuesdays 10:15 - 11:15 a.m.

Cooper City Recreation Department - Pool and Tennis Center

11600 Stonebridge Parkway, Cooper City, FL 33026

Join the party! A fun and effective total body workout for people of all ages and fitness levels. This Baptist Health South Florida sponsored exercise class is complimentary.

Space is limited and registration is required.

Please call the Cooper City Recreation Department to register 954-434-4300 ext #401 or #403.

For a complete listing of programs, visit BaptistHealth.net/Wellness, email CommunityExercise@BaptistHealth.net or Call 786-467-5680

