

**Zeta Phi Beta Sorority, Inc. - Phi Gamma Zeta Chapter, Hopewell, VA**



**Event:** Zumba with the Zetas!!  
**Date and Time:** February 20, 2021 Time: 10:00 am – 11:00 am  
**Location:** Zoom Online Class – link will be provided  
**Instructor:** Darlene Golden, Certified Zumba Instructor

**ABOUT THIS EVENT:** Join the Hopewell, Virginia Zetas for a fun-filled Zumba workout as we kickoff a celebration of 101 years of Finer Womanhood. The Zetas Have Heart program is designed to increase heart disease awareness amongst African American women. Additionally, the program supports members of Zeta and the community at large with getting active and fit. **ZERO** experience is required. Plan for a 60 minute total workout that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility. The boosted energy will have you feeling AmaZing upon conclusion of the class!

**60 MIN PROGRAM:**

- All Fitness Levels
- Low – High Intensity
- Aerobic training
- Warm-up
- Cool down

**FITNESS ATTIRE:** Wear proper workout clothing that allows for movement.

**WAIVER (Non-Zetas and Unfinancial-Zetas only):** Upon registration, an Athletic Waiver form will be emailed to you. Participants **MUST** sign and return the waiver **PRIOR** to attending the class or the participant will not be allowed to join via ZOOM.