

Dancing into Shape

Published: Tuesday, July 12, 2011

By GENE WALSH
Times Herald Staff

Campers and counselors learned to Zumba during Fit Monday at the Seasame/Rockwood Camps in Blue Bell, Monday.

Zumba is a Latin-inspired dance fitness program and is one of eight programs the campers will be exposed to. Martial Arts, Dancercise, funastic and crazy george basketball are scheduled for the upcoming weeks. Fit Monday is an initiative the camp launched to combat childhood obesity.



The Times Herald

Norristown and Montgomery County, PA



The Times Herald

Norristown and Montgomery County, PA



The Times Herald

Norristown and Montgomery County, PA



Zumba teaches campers to stay fit
Jul. 11, 2011. 03:40 PM EDT [0:31]

00:00