

Children's Board Family Resource Centers in North Tampa

Family Zumba

AROUND THE CENTER



Date: Thursdays

Time: 10:00 to 11:00am

**Children's Board
Family Resource Centers
in North Tampa**

Managed by Champions For Children

116 W. Fletcher Ave.

Tampa, FL 33612

813-558-1877

Hours: Monday—Thursday: 9am to 6pm
Friday & Saturday: 9am to 1pm

Time for a Family Workout!

A family-friendly, cardio-dance class with a multicultural world beat! Come on your own, as a couple, or with your kids for dancing fun that will improve your health without feeling like a dreaded “work out.” Bring the whole family for a fun dance workout! All fitness levels are welcome and water bottles are provided. There is no cost for this event, and it is open to all ages! We will be following a DVD series.



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org

**FAMILY
RESOURCE CENTERS**

Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County and administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.

All programs and services are at no charge to families and individuals.

www.familysupporthc.org

