

ZUMBA® FITNESS CLASSES AT KERR MCGEE COMMUNITY CENTER

Online schedule at www.ci.ridgecrest.ca.us/adult.aspx

CLASSES OFFERED MORNINGS AND EVENINGS

ZUMBA® Fitness-All fitness levels

Monday / Wednesday / Friday 9:30-10:30 a.m.

Monday 6:40-7:40 p.m. Tuesday / Thursday 5:35-6:35 p.m.

Cost: \$5.00 for a single class, \$35.00 for a 10 class punch card

ZUMBA® Basics-Learn the basic ZUMBA® steps-class held when scheduling permits-see monthly schedule

Cost: \$5.00 or a punch on your previously purchased ZUMBA® punch card

ZUMBA® Toning-these classes run on a session basis. **No Drop In.**

Cost: 2 classes per week-\$60.00 for a 6 week session (12 classes)

There will be 2 make-up classes for your convenience

Session 5 will be starting in September-exact date to be announced.

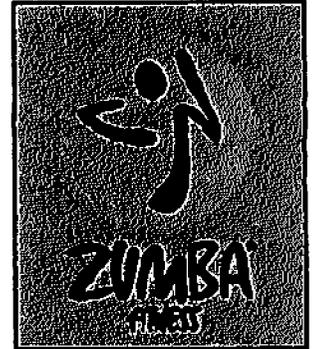
AND..... AQUA ZUMBA®! Held on Saturdays at the Pinney Pool

Cost: \$5.00 per class or free with a Pool Pass, Silver Pass or Gold Pass purchase

*****No punch cards accepted for AQUA ZUMBA®*****

Have questions? Call me! Jennifer Mangrum, LICENSED INSTRUCTOR (757) 646-5362

Attention: Please do not bring your children to class unless they are a paid participant. The Kerr McGee Center does not provide childcare.



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	AUG 7	AUG 8	AUG 9	AUG 10	AUG 11	AUG 12	AUG 13
August 2011		9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	HELD OUTSIDE 5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA HELD OUTSIDE	HELD OUTSIDE 5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA HELD OUTSIDE	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	AUG 14	AUG 15	AUG 16	AUG 17	AUG 18	AUG 19	AUG 20
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA	9:30 a.m. ZUMBA FLEX FRIDAY	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	AUG 21	AUG 22	AUG 23	AUG 24	AUG 25	AUG 26	AUG 27
		9:30 a.m. ZUMBA	5:35 p.m. ZUMBA	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA	9:30 a.m. ZUMBA HELD OUTSIDE	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	AUG 28	AUG 29	AUG 30	AUG 31	SEPT 1	SEPT 2	SEPT 3
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA	9:30 a.m. ZUMBA 6:45 p.m. Basics	5:35 p.m. ZUMBA	9:30 a.m. ZUMBA FLEX FRIDAY	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	SEPT 4	SEPT 5	SEPT 6	SEPT 7	SEPT 8	SEPT 9	SEPT 10
	NO CLASSES LABOR DAY HOLIDAY	A September Schedule Will Be Released With New Classes And Information				No more Saturday classes effective today.	