

ZUMBA® FITNESS CLASSES

Let's face it, working out can healthy, rewarding, beneficial.... Working out can be lots of things, but it's never been known to be much fun... UNTIL NOW!

ZUMBA® fitness classes fuse musical rhythms and tantalizing moves to create a workout system designed to be FUN and EASY TO DO!

Our goal is simple: We want you to want to work out, to love working out, to get hooked. We want you to integrate ZUMBA® into your life so that you may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie burning, heart racing, muscle pumping, body energizing movements.

The routines feature training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA® fitness! Have you seen our DVD infomercial on TV.? That's what we do! We burn an average of 500-800 calories (depending on the person) in our Ridgecrest class and have a blast doing it! It's all about being healthy and feeling good! Can't dance? Two left feet? Doesn't matter-ZUMBA® fitness is all about having fun! No rhythm required!!!

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

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

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

Abdominal and gluteus classes! A 30 minute class focusing directly on those problem areas (stomachs and behinds)! Bring a mat. See ZUMBA® schedule for class times

Cost: \$1.50 per class (this class will be cancelled effective January due to schedule conflicts)

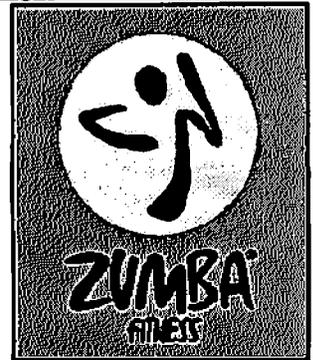
Introduction to ZUMBA® Basics class held approximately every 3 weeks

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

Have questions? Call me! Jennifer Mangrum, Licensed Instructor (757)646-5362

All classes held at the Kerr McKee Community Center (except Saturday)

COMING SOON!!!! BE ON THE LOOKOUT FOR ZUMBA® TONING CLASS INFORMATION!



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	NOVEMBER 7	NOV 8	NOV 9	NOV 10	NOV 11	NOV 12	NOV 13
NOVEMBER / DECEMBER 2010		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA	CLOSED VETERANS DAY NO CLASSES	9:30 a.m. ZUMBA FLEX FRIDAY	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
	NOV 14	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. Intro to ZUMBA Basics	9:30 a.m. ZUMBA	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
	NOV 21	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26	NOV 27
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA	CLOSED THANKSGIVING DAY NO CLASSES	CLOSED NO CLASSES FLEX FRIDAY	NO CLASS TODAY THANKSGIVING WEEKEND
	NOV 28	NOV 29	NOV 30	DECEMBER 1	DECEMBER 2	DECEMBER 3	DECEMBER 4
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
	DEC 5	DEC 6	DEC 7	DEC 8	DEC 9	DEC 10	DEC 11
		9:30 a.m. ZUMBA NO EVENING CLASSES	5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA 5:35 p.m. ZUMBA 6:40 p.m. ZUMBA (6:40 WILL BE YOUR CLASS FAVORITES!)	NO CLASSES	9:30 a.m. ZUMBA FLEX FRIDAY	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
DEC 12	DEC 13	DEC 14	DEC 15	DEC 16	DEC 17	DEC 18	
The Kerr McGee Center is Closed from Dec. 20 th through Jan. 2 nd . See you in 2011!	9:30 a.m. ZUMBA NO EVENING CLASSES	NO CLASSES	9:30 a.m. ZUMBA 5:35 p.m. ZUMBA 6:40 p.m. ZUMBA (5:35 WILL BE YOUR CLASS FAVORITES!)	NO CLASSES	9:30 a.m. ZUMBA FLEX FRIDAY	LAST 2010 ZUMBA class at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door See you in January!	

Schedule is available on-line

www.ci.ridgecrest.ca.us/adult.aspx