

# ZUMBA® Fitness Schedule-December 2011

Mon	Tue	Wed	Thu	Fri
<b>November 28</b> 9:30 am <b>ZUMBA</b> Jennifer 5:15 pm <b>ZUMBA Gold-RQ</b> Marcia 6:00 pm Open Toning coming in 2012 7:00 pm <b>ZUMBA-RQ</b> Lisa	<b>29</b> 5:35 pm <b>ZUMBA</b> Jennifer 6:45 pm <b>YOGA</b> Sheri	<b>30</b> 9:30 am <b>ZUMBA</b> Jennifer 5:15 pm <b>Kickboxing</b> Jennifer 6:00 pm Open Toning coming in 2012 7:00 pm <b>ZUMBA Gold</b> Lisa	<b>1</b> 5:35 pm <b>ZUMBA</b> Lisa 6:45 pm <b>YOGA</b> Sheri	<b>2</b> 9:30 am <b>ZUMBA</b> Jennifer
<b>5</b> 9:30 am <b>ZUMBA</b> Jennifer 5:15 pm <b>ZUMBA Gold</b> Marcia 6:00 pm Open Toning coming in 2012 7:00 pm <b>ZUMBA</b> Lisa	<b>6</b> 5:35 pm <b>ZUMBA</b> Jennifer 6:45 pm <b>YOGA</b> Sheri	<b>7</b> 9:30 am <b>ZUMBA</b> Jennifer 5:15 pm <b>Kickboxing-RQ</b> Jennifer 6:00 pm Open Toning coming in 2012 7:00 pm <b>ZUMBA Gold-RQ</b> Lisa	<b>8</b> 5:35 pm <b>ZUMBA-RQ</b> Lisa 6:45 pm <b>YOGA-RQ</b> Jennifer (sub)	<b>9</b> 9:30 am <b>ZUMBA</b> Jennifer  FLEX
<b>12</b> 9:30 am <b>ZUMBA</b> Jennifer 5:15 pm <b>ZUMBA Gold</b> Marcia 6:00 pm Open Toning coming in 2012 7:00 pm <b>ZUMBA</b> Lisa	<b>13</b> 5:35 pm <b>ZUMBA-RQ</b> Jennifer 6:45 pm <b>YOGA-RQ</b> Sheri	<b>14</b> 9:30 am <b>ZUMBA</b> Jennifer 5:15 pm <b>Kickboxing-RQ</b> Jennifer 6:00 pm Open Toning coming in 2012 7:00 pm <b>ZUMBA Gold-RQ</b> Lisa	<b>15</b> 5:35 pm <b>ZUMBA-RQ</b> Lisa 6:45 pm <b>YOGA-RQ</b> Sheri	<b>16</b> 9:30 am <b>ZUMBA</b> Jennifer
<b>19</b> <b>CLOSED FOR THE HOLIDAYS</b>	<b>20</b> <b>CLOSED FOR THE HOLIDAYS</b>	<b>21</b> <b>CLOSED FOR THE HOLIDAYS</b>	<b>22</b> <b>CLOSED FOR THE HOLIDAYS</b>	<b>23</b> <b>CLOSED FOR THE HOLIDAYS</b>  FLEX

Online schedule at [www.ci.ridgecrest.ca.us/adult.aspx](http://www.ci.ridgecrest.ca.us/adult.aspx)

**ATTENTION: WHEN CLASSES ARE LISTED AS "RQ" THIS MEANS CLASS WILL BE HELD IN THE RAQUETBALL COURT. CLASSES WILL BE LIMITED TO THE FIRST 30 TO ARRIVE FOR ZUMBA AND THE FIRST 20 TO ARRIVE FOR YOGA AND KICKBOXING. THE FRONT DESK WILL PASS OUT NUMBERED CARDS AS YOU CHECK IN AND YOU MUST HAVE A NUMBERED CARD TO ENTER CLASS. MY APOLOGIES, BUT SPACE IS LIMITED.**

Questions? Contact Jennifer Mangrum 757-646-5362, [mangrummomx3@gmail.com](mailto:mangrummomx3@gmail.com), or Facebook me!

Licensed instructor and ZUMBA® Team Coordinator