

# ZUMBA® FITNESS CLASSES AT KERR MCGEE COMMUNITY CENTER

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 classes 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](http://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

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

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

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

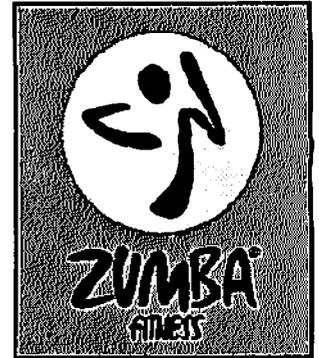
Cost: 2 classes per week-\$60.00 for a 6 week session (12 classes)

3 classes per week-\$80.00 for a 6 week session (2 classes for free)

Session 1- end March 10<sup>th</sup> (dependant upon schedule changes). Session 2 will begin mid-April

**HAVE QUESTIONS? CALL ME!**

**JENNIFER MANGRUM, LICENSED INSTRUCTOR (757) 646-5362**



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	FEBRUARY 13	FEB 14	FEB 15	FEB 16	FEB 17	FEB 18	FEB 19
		9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	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
	FEB 20	FEB 21	FEB 22	FEB 23	FEB 24	FEB 25	FEB 26
February/partial March 2011		NO CLASSES HOLIDAY	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
	FEB 27	FEB 28	MARCH 1	MAR 2	MAR 3	MAR 4	MAR 5
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA FLEX FRIDAY	NO CLASS TODAY! ZUMBATHON FOR AMERICAN HEART ASSOCIATION 4-7 BHS-TICKETS \$20
	MAR 6	MAR 7	MAR 8	MAR 9	MAR 10	MAR 11	MAR 12
		9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
	MAR 13	MAR 14	MAR 15	MAR 16	MAR 17	MAR 18	MAR 19
		9:30 a.m. ZUMBA 5:30 p.m. Basics 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Basics	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
	MAR 20	MAR 21	MAR 22	MAR 23	MAR 24	MAR 25	MAR 26
	SPRING BREAK WEEK	9:30 a.m. ZUMBA 5:30 p.m. ZUMBA 6:40 p.m. ZUMBA	CLASSES FOR THIS WEEK TO BE DETERMINED --WILL POST SEPARATELY	SEE SPECIAL POSTING ABOUT SPRING BREAK CLASSES	SEE SPECIAL POSTING ABOUT SPRING BREAK CLASSES	SEE SPECIAL POSTING ABOUT SPRING BREAK CLASSES	SEE SPECIAL POSTING ABOUT THIS CLASS-WILL BE POSTED AT SIERRA ACADEMY AND KERR MCGEE