

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 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

Introduction to ZUMBA® Basics 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.

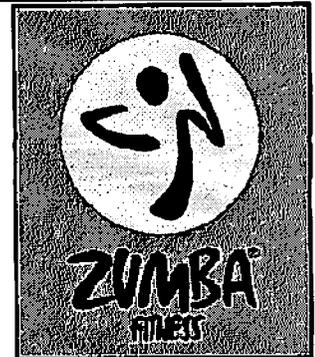
Cost: 2 classes per week-\$60.00 for a 6 week session

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

Session 1- January 10th -March 3rd Registration for session 1 ends Jan 17th.

HAVE QUESTIONS? CALL ME!

JENNIFER MANGRUM, LICENSED INSTRUCTOR (757) 646-5362



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY 2	JAN 3	JAN 4	JAN 5	JAN 6	JAN 7	JAN 8
Ab classes are free to ZUMBA® or ZUMBA® Toning participants	9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 6:50 p.m. Intro to ZUMBA 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
JAN 9	JAN 10	JAN 11	JAN 12	JAN 13	JAN 14	JAN 15
January/partial February 2011	9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 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
	JAN 16	JAN 17	JAN 18	JAN 19	JAN 20	JAN 21
	NO CLASSES HOLIDAY	5:35 p.m. ZUMBA 6:35 p.m. Abs 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 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
	JAN 23	JAN 24	JAN 25	JAN 26	JAN 27	JAN 28
	9:30 a.m. ZUMBA <i>class next door</i> 5:30 p.m. Toning 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 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
	JAN 30	JAN 31	FEBRUARY 1	FEB 2	FEB 3	FEB 4
	9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 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 6	FEB 7	FEB 8	FEB 9	FEB 10	FEB 11
	9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:35 p.m. Abs 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