

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

NEW! 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: \$2.00 for a single class, \$15.00 for a 10 class punch card

NEW! Introduction to ZUMBA® basics class held approximately every 3 weeks

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

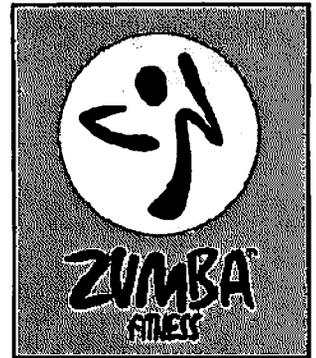
Have questions? Call me! Jennifer Mangrum, Licensed Instructor (757)646-5362

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

OCT 12 AND NOV 2-JOIN ME AT 6:45 FOR A ZUMBA GOLD® TRIAL CLASS-

ZUMBA® CLASS FOR THE BEGINNER, THE DECONDITIONED (OUT OF SHAPE), THE OLDER ACTIVE INDIVIDUAL, OR ANYONE WHO LIKES TO MOVE A LITTLE SLOWER AND/OR WITH A LITTLE LESS "ZEST" (EASIER ON THE SHOULDERS, BACK, HIPS, KNEES, AND ANKLES BY ADDRESSING

ANATOMICAL AND PHYSIOLOGICAL DIFFERENCES THAT CAN BE PRESENT IN THESE POPULATIONS) \$5.00/punch



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		OCTOBER 4	OCTOBER 5	OCTOBER 6	OCTOBER 7	OCTOBER 8	OCTOBER 9
		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
	10	11	12	13	14	15	16
		NO CLASSES COLUMBUS DAY HOLIDAY	5:35 p.m. ZUMBA 6:45 ZUMBA GOLD CLASS BOTH CLASSES HELD OUTSIDE	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA FLEX FRIDAY	NO CLASS MATURANGO JUNCTION DEMO
	17	18	19	20	21	22	23
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:45 p.m. Intro to ZUMBA Basics	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
	24	25	26	27	28	29	30
		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	Wear something Halloweenie-but be safe for class! 5:35 p.m. ZUMBA 6:45 p.m. ab/glute	9:30 a.m. ZUMBA Wear something Halloweenie-but be safe for class! FLEX FRIDAY	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
	31	NOVEMBER 1	NOVEMBER 2	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6
		9:30 a.m. ZUMBA 6:40 p.m. ZUMBA PM CLASS HELD OUTSIDE	5:35 p.m. ZUMBA 6:45 ZUMBA GOLD CLASS BOTH CLASSES HELD OUTSIDE	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
OCTOBER 2010							
	!!!BOO!!! HAPPY HALLOWEEN!						