

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 interval-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.? With ZUMBA® fitness you can burn up to 1000 calories in one hour-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.

Monday 6:40-7:40 p.m. Tuesday / Thursday 5:35-6:35 p.m.

Cost: \$5.00 for a single class, \$36.00 for a 12 class punch card

NEW! Abdominal and gluteal classes! A 30 minute class focusing directly on those problem areas (stomachs and behinds)! Bring a mat.

See ZUMBA® schedule for class times

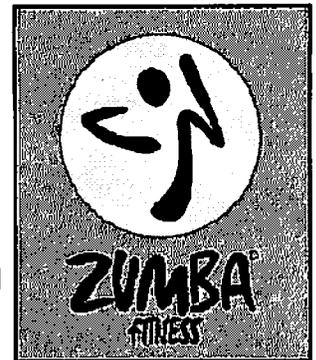
Cost: \$2.00 for a single class, \$15.00 for a 10 class punch card

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)



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		AUG 30	AUG 31	SEPT 1	SEPT 2	SEPT 3	SEPT 4
		NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
	5	6	7	8	9	10	11
		NO CLASSES LABOR DAY HOLIDAY	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
	12	13	14	15	16	17	18
		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 FLEX FRIDAY	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door
	19	20	21	22	23	24	25
		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
	26	27	28	29	30	OCT 1	OCT 2
		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 FLEX FRIDAY	ZUMBA at The Sierra Academy of Dance 8:30-9:30 a.m. \$5.00 at the door

SEPTEMBER 2010