

\$6 drop in or
10 classes for
\$50



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 am Zumba w/ Donna		5:30 am Zumba w/ Donna		5:30 am Zumba w/ Donna	
		6:45 am Zumba w/ Kate		6:45 am Zumba w/ Kate		8:00 am Zumba w/ Lorna
9:00 am Zumba w/ Trace Belew						9:00 am Zumba w/ Trace Belew
		10:00 am Zumba w/ DeDe		10:00 am Zumba w/ Krista		10:00 am Zumba Toning w/ DeDe
	Basic steps w/ Kathy 4:45- 5:15					
5:00 pm Zumba w/ Ashley	5:15 pm Zumba w/ DeDe	5:15 pm Zumba w/ Donna	5:15 pm Zumba w/ Eileen	5:15 pm Zumba w/ DeDe	5:15 pm Zumba w/ Trace Belew	
	6:30 pm Zumba w/ Ashley	6:30 pm Zumba w Trace Belew	6:30 pm Zumba Toning w/ DeDe	6:30 pm Zumba w Trace Belew	6:30 pm Zumba w Tracy Verner	
	7:30 pm Bellydancing w Julianna		7:30 pm Zumba w/ Diana	7:30 pm Zumba w/ Holly		Schedule and Instructors are subject to change

ZUMBA
Combines
high energy
and
motivating music
w/unique moves
that allow the
participants to
dance away
their worries
while burning
500-700 calories.

ZUMBA TONING
adds
innovative
muscle training
w/ the
addition
of lightweight
Zumba
toning sticks.
Burns an
additional
200 Calories
per hour!

KICKBOXING
Reap the
benefits
of this
high energy
kick-bootie
kickboxing class

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