



ZUMBA



Instructor:

- **Katie Thompson**
 - Licensed ZUMBA instructor
 - Degree in Nutrition, Exercise, and Health Science

Ways to

Register:

1. Give us a Call!
 - 361-3419
2. Come on in and visit!
3. Print off a registration form and bring it to your first class!

What is ZUMBA?

An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness! It is the ONLY Latin-inspired dance-fitness program. This contagious fitness craze has become the world's largest dance-fitness program today.

There are more than 12 MILLION people of ALL shapes, sizes around the world joining in! Over 110,000 locations in across more than 125 countries!!! All ZUMBA instructors must attend an instructor training to become licensed in ZUMBA fitness.

Days and Time

- Monday → 8:00 pm – 8:45 pm
- Wednesday → 8:00 pm – 8:45 pm

Pricing

- \$30.00 → 10 Punch card (10 classes)
- \$5.00 → Single class