

ZUMBA

THE ORIGINAL DANCE FITNESS PARTY

Are you ready to party yourself into shape? Forget the workout just lose yourself in the music and find yourself in shape at the original dance-fitness party. The classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it you'll be getting fit and your energy levels will be soaring! Drop-in participants welcome. **First class is free!!!** Please arrive 15 minutes before class to complete registration.



Course# 170-01

Date: Ongoing – 10 Class Card
Age: 14 Yrs.-Adult
Day: Tuesday
Time: 7:00-8:00pm
Fee: Res.\$65/Non.\$70
Location: Gymnasium
Min/Max: 5/20
Instructor: Lorraine Haye

Course# 170-02

Date: Ongoing – 10 Class Card
Age: 14 Yrs.-Adult
Day: Thursday
Time: 6:30-7:30
Fee: Res.\$65/Non.\$70
Location: Gym
Min/Max: 5/20
Instructor: Lorraine Haye

Course# 170-03

Date: Ongoing – 10 Class Card
Age: 14 Yrs.-Adult
Day: Saturday
Time: 9:30-10:30 am
Fee: Res.\$65/Non.\$70
Location: Gym
Min/Max: 5/20
Instructor: Lorraine Haye



ZUMBA GOLD

Enjoy Oldies, Show Tunes, Latin, Pop, Bollywood & Caribbean Rhythms at Your Own Pace. Monthly Drawings, Holiday Theme Classes and more!!

Course # 170-04 (Lower Impact)

Date: Ongoing
Age: 50 Years Young & Up
Day: Thursday
Time: 10:30 – 11:30 am
Fee: \$5.00 per Class
Location: Gym
Min/Max: 5/20
Instructor: Lorraine Haye



