



WINTER/SPRING 2012 SESSION –LAST CLASS WED MAY 30/2012

Fire up your metabolism and melt the fat away burning between 800 to 1000 calories an hour! **ZUMBA Fitness is Exercise in Disguise!** “Dance and Party Yourself into Shape” to Latin, Caribbean and Hip Hop Rhythms. It’s Fun and Easy to do, you don’t have to be a dancer, and it’s for ALL Fitness Levels ages 12 and up. **Join in Anytime!** For Info contact Licensed ZUMBA Fitness Instructor/Certified Can-Fit F.I.S Nancy Byrne at 519-971-5888 / tnbyrne@cogeco.ca.

PUNCHCARD COST: 6 Classes for \$30, 8 Classes for \$40, 10 Classes for \$50, 20 Classes for \$90 and 30 Classes for \$120 – **CARDS CAN BE USED FOR ALL CLASSES.**

“Dropping In to try the Class out”: \$10 per Class- If you decide you like the class and wish to purchase a Punch Card at a later date, the \$10 will be put towards the price of a Punch Card.

Class Descriptions:

ZUMBA Fitness: Combines high energy and motivating music for an awesome body sculpting Cardio Workout. ZUMBA is "FUN AND EASY TO DO" allowing participants to stick to the ZUMBA Fitness program and achieve long-term health benefits. An absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **Builds Cardio Endurance.**

ZUMBA Gold(BEGINNERS): ZUMBA Gold modifies the moves of ZUMBA Fitness and paces them to suit the needs of the Active Older Participant, as well as Fitness Beginners. What stays the same are all the elements the ZUMBA Fitness-Party is known for: the music, the exhilarating easy-to-follow moves; and the party-like atmosphere. ZUMBA Gold is a dance-fitness class that feels friendly, and most of all, fun.

ZUMBA Toning: Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused ZUMBA moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweights or maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. ZUMBA Toning is the perfect way for enthusiasts to sculpt their bodies naturally and build muscle endurance while having a total blast. **Builds Muscle Endurance.**

Class Schedule:

MONDAYS- Puce Sports and Leisure -GYM- 962 Old Tecumseh Road, Emeryville
ZUMBA Fitness 6:30PM TO 7:30PM

TUESDAYS – Belle River Legion Upstairs Hall-504 Notre Dame, Belle River
ZUMBA Gold (Beginners) 6pm to 6:45pm and ZUMBA Fitness 7pm to 8pm

WEDNESDAYS- Puce Sports and Leisure –GYM- 962 Old Tecumseh Road, Emeryville
ZUMBA Toning 6:30pm to 7:30pm