



ZUMBA[®]
fitness

Spice Up Your
Thursdays in
McCreary!
All Welcome!

Starting on Thursday, January 26/12

6 weeks for \$50 or

\$10.00 Drop In Fee!

Those Under 18 years old are 1/2 price!

7 pm at McCreary School

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...

UNTIL NOW! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

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 a Zumba® class!

In the past years, the Zumba® program has become nothing short of a revolution, spreading like wildfire, and positioning itself as the single most influential movement in the industry of fitness.

As of July 2009, the Zumba® program is being taught at over 50,000 locations in 75 countries, has sold millions of DVDs, and has changed the lives of Zumba® Fanatics worldwide with an astonishing six million participants taking Zumba classes every week.

Why? Because it's the best party around.

**Ditch the workout,
Join the Party!**

Instructors:

Sherri Tonn 386-2206

Brenda Tonn 386-2072

Call 835-2673 to Register
Minimum of 14 registered required