



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. I invite you to "Ditch the workout and join the party!"

**DATES:**

- Begins January 8<sup>th</sup> until May 30<sup>th</sup>
- No class February 19<sup>th</sup>, 21<sup>st</sup>, March 28<sup>th</sup> and April 2<sup>nd</sup>, 4<sup>th</sup>

**LOCATION:**

- Reese Middle School Gym

**TIME:**

- Tuesdays and Thursdays 6:00 p.m. – 7:00 p.m.

**COST:**

- Drop in \$5 per class
- Punch Cards are available \$40 for 10 classes (\$4 a class) \$70 for 20 classes (\$3.50 a class). Punch cards will expire on May 30<sup>th</sup>.

**INSTRUCTOR INFO:**

- Jessica Frevola Licensed Zumba Instructor (check [www.zumba.com](http://www.zumba.com) )
- You may contact me through e-mail or by phone if any questions or concerns, hope to see you there!!
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