



IT MAY BE GETTING COLDER
OUTSIDE.....

BUT THIS CLASS IS **HOT!**



Zumba is a dance-fitness program that combines motivating music (Latin and international dance rhythms, etc.) with unique steps (Salsa, Merengue, Cumbia and more). Enjoy the blend of fast and slow rhythms while you dance, sweat and burn away those calories. Great for participants at any fitness level - No experience necessary.

Session I: Tuesdays: Jan 17 - Feb 21; 5:30 - 6:30pm
Session II: Tuesdays: Feb 28 - April 10; 5:30 - 6:30pm **OR**
Thursdays: Mar 1 - April 12; 6:30 - 7:30pm

This class takes the original Latin-inspired Zumba class to the next level with a combination of cardiovascular conditioning and lightweight training targeting different muscle groups. This exciting breakthrough program is designed to offer you a safe and effective total toning body workout. Utilize maraca-like Zumba Toning Sticks to increase results while burning even more calories.



Session I: Thursdays: Jan 19 - Feb 23; 5:30 - 6:30pm
Session II: Thursdays: Mar 1 - April 12; 5:30 - 6:30pm **OR**
Tuesdays: Feb 28 - April 10 6:30 - 7:30pm

DITCH THE WORKOUT.....JOIN THE PARTY!

Classes held at C.I. Beaver Hall
3696 Highmont St

\$35/resident
\$40/non-resident

427-5514
ci.beavercreek.oh.us