

## Ditch the workout, Join the party! ®



Lets face it, working out can be healthy, rewarding, beneficial, but it's never been known to be much fun until NOW!

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to love working out. You will experience an absolute blast in one exhilarating hour of caloric-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 Zumba®!

So please join us, as Zumba®'s fitness-party continues to expand into any empty room where you can pump up the volume and live the experience that is Zumba®! (from zumba.com)

SPOUSES DON'T HAVE TO SIT AROUND!! THIS IS A GREAT ACTIVITY TO PARTICIPATE IN, PLUS IT IS FUN! MEETING ATTENDEES AND THEIR SPOUSES ARE ACTIVELY ENCOURAGED TO ATTEND! SEE REGISTRATION FORM. VISIT [zumba.com](http://zumba.com) FOR MORE INFORMATION.

This Zumba® class will be presented by a certified instructor (Catherine Ferrara) or two (plus Lori Roland), depending on class size. Early registration is encouraged as class size may be limited to 100 participants.