



ZUMBA[®]

FITNESS

January 9th – April 27th, 2012

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. Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating!

ZUMBA

MONDAY 1900-2000

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

INSTRUCTOR: SHARLA JOHNSON



Ditch the workout,

Join the party!

Zumba

Thursday 0900-1000

Zumba classes feature exotic rhythms set to high-energy Latin and international beats.

Instructor: Melissa Evans



Fitness Class Prices

Military no charge

Drop In:

CRA Member \$2.50
Non Member \$5.00

10 Punches:

CRA Member \$18.00
Non Member \$40.00

20 Punches:

CRA Member \$30.00
Non Member \$80.00

MINIMUM 3 PARTICIPANTS