



With NICKIE*

Ditch the workout!
Join the party!
Feel the music!
Have a blast!
Zumba Love!

COME JOIN US...

**MONDAYS at 4pm
ZUMBA BASIC (standing class)
MINI BALLROOM**

**WEDNESDAYS at 4pm
ZUMBA GOLD (seated class)
MINI BALLROOM**

Instructor Fee
\$10 per class

or

**Pre-pay Instructor \$65 per month
(includes 8-9 classes every month)**

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ZUMBA[®]
fitness

Are you ready to have FUN...?

Then come join The Best dance fitness class that engages millions of people around the world every single day!

If you have never experienced a Zumba Fitness class, then you are in for an hour filled with lots of happy faces, fabulous music of all genres and decades, and the most fun you will ever have while moving your body :)

You do not have to be a seasoned dancer, or even know how to dance, but you do need to come ready to experience how great you will feel at the end of our class.

I promise you can do this, and I cannot wait to meet you on the dance floor! ~ Nickie*

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COME JOIN US FOR



ZUMBA[®]
gold

**LOW INTENSITY
DANCE FITNESS CLASS
with NICKIE***

Zumba Gold is an awesome dance fitness class specifically designed for individuals needing or wanting a lower intensity, fun, cardio workout.

It is especially good for anyone coping with post illness, injury, medical, or other reasons creating the need for a slower paced version of a Zumba Basic class.

Zumba Gold is taught in a chair with a seated format, which makes balance or mobility less of an issue for many individuals.

**Wednesdays at 4:00pm
Mini Ballroom at Riverview Club**

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Please Join Us
for
Aqua Zumba Classes
with **NICKIE***

Aqua Zumba classes are the perfect format enabling individuals to participate in group fitness classes that might otherwise not be an option for them. Aqua Zumba combines traditional aqua fitness movements with Latin dance in a gentle, low impact, user-friendly style. These classes allow people of all ages, who have experienced joint replacement and other health issues, to fully participate in a wonderful cardio and muscle-toning program. Countless individuals are able to benefit from participation in Aqua Zumba classes that would not be able to successfully participate in other types of cardio fitness programs. In addition to receiving a wonderful workout, participants thoroughly enjoy the fun, the socialization, and the fabulous music they experience in every Aqua Zumba class.

It really is all about sharing the “Zumba Love” and “Feeling the Music”!

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