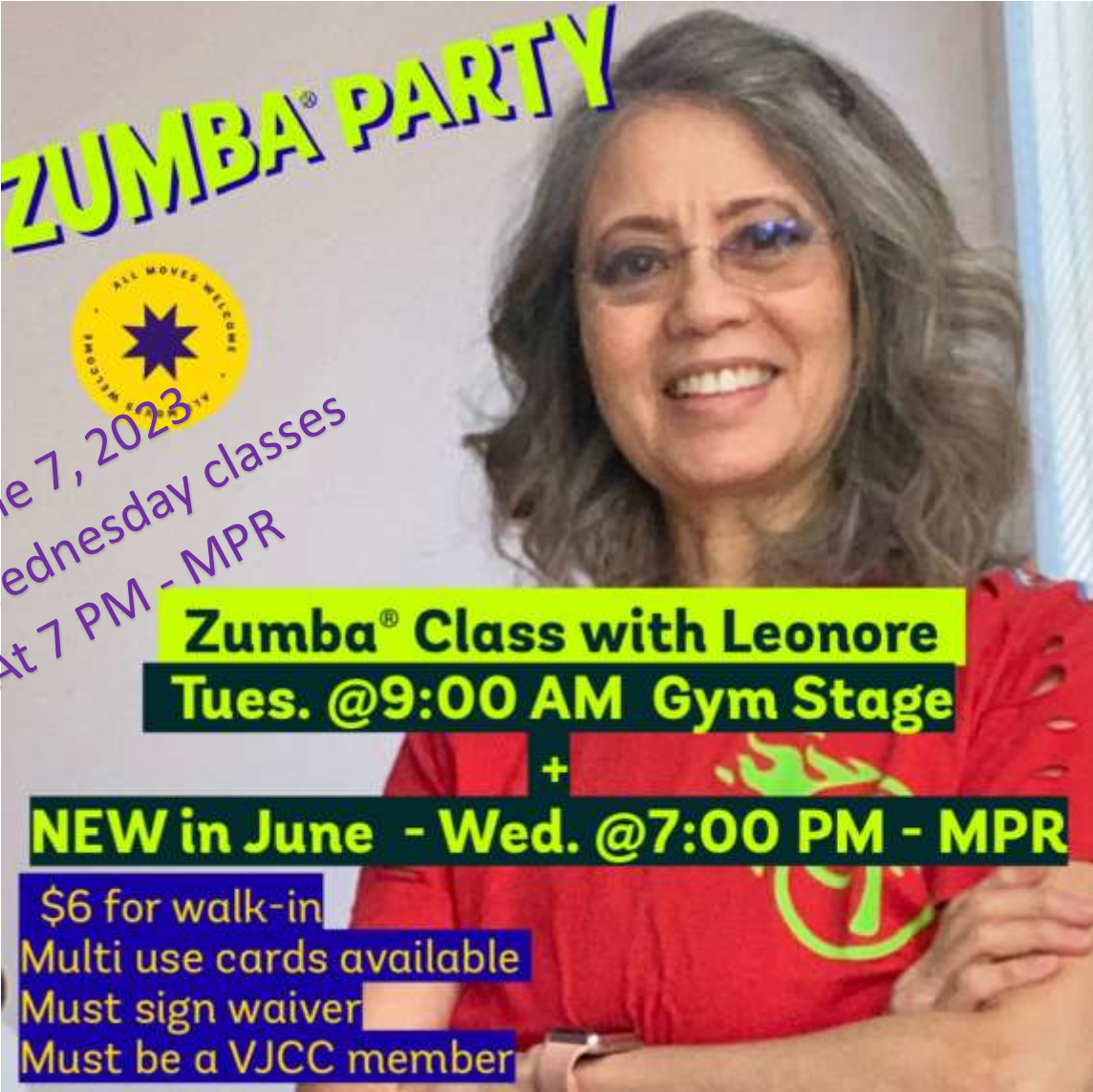


ADULT ZUMBA® FITNESS



ZUMBA® PARTY

ALL MOVES WELCOME

June 7, 2023
New Wednesday classes
At 7 PM - MPR

Zumba® Class with Leonore
Tues. @9:00 AM Gym Stage

+

NEW in June - Wed. @7:00 PM - MPR

\$6 for walk-in
Multi use cards available
Must sign waiver
Must be a VJCC member

What is Zumba® Fitness? Zumba® is an aerobic dance fitness program featuring moves inspired by Latin dance and music. Zumba® targets lots of different muscle groups at once for total body toning. It can boost your heart health. It helps improve your coordination and helps you de-stress.

Hi! My name is **Leonore Miller** and I have been a Zumba® instructor for 4 years. Zumba® Fitness is a fun and easy way to get into a fitness habit in a social atmosphere. Let me take you on a happy journey around the world through song and dance, getting fit at the same time in a fun party atmosphere.

LOCATION: Gym Stage

WHAT TO BRING: Wear sturdy fitness shoes, water, towel, your energy

REGISTRATION: Newcomers and all levels are welcome.

VJCC membership and signed waiver forms are required

Questions? Contact Leonore at Skyflakez@hotmail.com.

Or text message at 310-210-2154