



**ZUMBA**®

*Trained & Certified Zumba Instructor: Andrew Waldner*

ZUMBA® is a fitness program inspired by Latin music & dance such as meringue, cumbia, salsa & reggaeton. ZUMBA® combines rhythms with cardiovascular exercise to create an aerobic routine that is fun & easy to follow. For beginners to advanced!

**This is an exercise class, no children please!**

**No children under 14 may participate.**

*(wear tennis shoes and something comfortable to move in along with a water bottle.)*

**Code AW03 Fall Quarter: Sept. 1-Nov. 29, 2011**

**Code AW06 Winter Quarter: Dec. 1, 2011-Feb. 28, 2012**

**Day & Time: TUESDAYS & THURSDAYS from 6-7PM or SATURDAYS from 8-9AM**

**Place: At the K-8 Cafeteria**

**Come try it out, if you have never done it, first class is FREE!**

\*\*\*classes are subject to change due to school activities. For the most current information, check the district calendar at [www.lacenterschools.org](http://www.lacenterschools.org), call 263-2015 or email [staci.firl@lacenterschools.org](mailto:staci.firl@lacenterschools.org).

If you want up to date information make sure you are on the email list for this class.

**Fee: \$50 for a 10 class punch card or \$95 for a 20 class punch card. Unsure of what to do...Drop in, there is a \$7 drop in fee with no punch card required.**

[www.lacenterschools.org](http://www.lacenterschools.org)

Maintained according to Internet Guidelines by [staci.firl@lacenterschools.org](mailto:staci.firl@lacenterschools.org)

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