



La Center Community Education
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ZUMBA & ZUMBA Toning!

Instructor: Sally Dexter

Zumba is a high intensity dance fitness program! Expend calories through diverse music & body movement. Toning on Monday nights integrates lightweight maraca-like toning sticks by enhancing rhythm & coordination while toning target zones including arms, core & lower body. Sticks are optional & modifications are available for both classes. Zumba toning is used for muscle endurance, NOT strength training. Zumba Toning is great for beginners & mostly low impact.



Mondays will be Zumba & Zumba Toning. Wednesdays Zumba only. Come check it out...first class is FREE! Sing ups accepted anytime!

For ages 16 & older.

Held on Mondays & Wednesdays at the K-8 Cafeteria from 6:00-7:00PM

#8682-28A Sept. 5-Dec. 17, 2018 (no class 11/21)

Sat. classes 9:00-10:00AM (9/8, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15)

#8682-28B Jan. 2-March 27, 2019

FEE: \$50 (For 10 class punch card, \$5 drop in)

Find us on FaceBook, La Center Community Ed Zumba

www.lacenterschools.org

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