



La Center Community Education
PO Box 1840 La Center, WA 98629
(360) 263-2015 FAX (360) 263-1140
staci.firl@lacenterschools.org

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 at the K-8 Cafeteria from 6:00-7:00PM

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

#8683-25 M/W April 22-June 18, 2019

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

Find us on FaceBook, La Center Community Ed Zumba

www.lacenterschools.org

Maintained according to Internet Guidelines by staci.firl@lacenterschools.org
2007 La Center School District - all rights reserved
Last updated - 1/31/2019