



ZUMBA[®]
fitness

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IS COMING TO  IN NATOMAS
FEBRUARY 28, 2011.

WHERE: 1800 Del Paso Rd., Sacramento, CA 95834
(inside Studio 18)

WHEN: Mondays @ 6:30 pm and
Wednesdays @ 6:30 pm

WHO: All levels welcome
(12 years of age or older)

COST: \$5.00 Drop-in fee/class effective March 7, 2011

****** FREE CLASSES: Feb 28th & March 2nd @ 6:30pm ******

Are you ready to party yourself into shape? That's exactly what the Zumba[®] program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party[™] that's moving millions of people toward joy and health.

Ditch the workout, join the party!

For additional information please contact: Carolyn Woo
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