



ZUMBA[®]
FITNESS

*Burn up to 500 Calories per hour with the
HOT NEW workout program—ZUMBA Fitness!*

March 2—May 27, 2010

Held at: Body Dimensions

Instructor: Betsy Palmer—910.754.9635

Tuesday/Thursday
8:15—9:15 am

Tuesday/Thursday
5:30—6:30 pm

**Fee: \$35/ month for any 2 classes per week
or \$10/ drop in**

**To Register or for more information call Ruthie McHugh
at Brunswick County Parks and Recreation at 910.253.2583**

Join the ZUMBA Fitness Party
as we move into SPRING!

Why ZUMBA Fitness?

Women, men, teenagers, and kids love to move to upbeat music and steps—they look forward to “going to the club” for a fun time that “Doesn’t feel like I’m working out!” Group exercise has become boring and stale over the last 10 years. Typical aerobics classes are old news - **Zumba IS the New Fitness Program for the next decade!**

The Latest Fitness Trend - **Dance group exercise** is back! –Tune in to Network TV and see numerous dance oriented reality & celebrity shows. Open any women’s magazine, and you will read that dance exercise – especially Latin style dance is the hot new trend. Zumba was recently featured in Women’s World Magazine as the “**hottest fitness phenomenon.**”

Zumba is different –The unique Zumba Latin inspired international music and dance steps create a dynamic, exciting and effective fitness system. Verbal cuing allows the class to feel the music and movements rather than worrying about what the instructor is going to yell at them next! It’s a fluid program.

Zumba is easy – **Zumba is designed for everyone, every shape and age.** Anyone can start a Zumba class and have fun. This program is not limited to dancers, fitness fanatics or seniors. All exercisers from beginner to advanced will enjoy the benefits of a Zumba class. Everyone is welcome in a Zumba class!

Zumba is fun and effective – Burn 500 calories an hour with The Hot New Workout – Zumba! Zumba is a cardio-based workout with sculpting exercises designed to tone the entire body from top to bottom. Zumba is fun, which motivates class participants to adhere to the program, even after they get the results they desire. They keep coming back because it is FUN. Zumba is great for the mind, body and soul!

