

Winter Session

About



- Zumba® is fun...it's the type of exercise
- you'll want to do everyday and feel good about doing it!
- It's different. You probably never thought you'd
- be exercising to this type of music.
- It's effective. It is an aerobic workout, which
- we all know works. But it's more fun, which will
- make you stick with the program until you get results.



ZUMBA®
FITNESS

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. **Zumba®** Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got **Zumba®**!

Join the PARTY!

Saturday 11:40-12:40pm begins January 21

Meets once a week for 8 weeks

Can't make all classes, drop in as you can!

Spa 23
Health & Racquet Club

381 Rt. 23 Pompton Plains, NJ 07444
www.spa23.com 973-839-8823

Cost:

Member FREE

Nonmember \$79

Drop in fee: Nonmember \$12