

ANN PARSLEY SCHOOL OF DANCE

announces



ZUMBA®

FITNESS

Special Summer Session

August 5, 12, 19 and 26

Thursdays from 7:00-8:00pm

Special Introductory Price

4 Classes for \$30

In the past years, the Zumba® program has become nothing short of a revolution, spreading like wildfire, and positioning itself as the single most influential movement in the industry of fitness.

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our 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 exciting hour of calorie-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 flavor and international zest into the mix and you've got a Zumba® class!

Come join certified Zumba® instructor, Vanessa Solomon for a "feel happy" workout that is great for the body and mind.

Join the Zumba® Revolution-Fun and Easy to do!!!

**No prior experience necessary. Open to ages 12 and up.
Participants should wear workout clothes and tennis shoes with non-marking soles.**