



**ZUMBA**<sup>®</sup>  
fitness

at **Bessie Rowell  
Community Center!**

Join the Latin inspired dance fitness craze!  
Sweat and shake your way to better health!

**NEW! STRONG by Zumba classes!**

High intensity interval training set to music

**Your first class is free!**

Purchase a 5 class punch card for \$25.

What are you waiting for??

**Tues: 5:15-6:15pm (STRONG by Zumba)**

**Wed: 4:45-5:45pm (Zumba)**

**Thurs: 4:15-5:15pm (Zumba)**

**Saturday: 8:15-9:15am (Zumba/STRONG)**

Attend one or all!

Must be 14 years of age to participate

Classes taught by Melissa Lee,  
Licensed Zumba and STRONG by  
Zumba Instructor

**zin** zumba  
instructor  
network™