

Free class



When: **Wednesday, October 13th, 8:00-9:00 pm**

Location: **Dancers Only Studio**

45579 Mound Road

Shelby Twp. MI 48317

N. of M59, W. Side of Mound in the Shelby Commons Plaza

If you would like to attend this free demo class, please register via email ty@dancersonly.net or call 586.739.1277 as space is limited.

More info on our website www.dancersonly.net

Working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UNTIL NOW!

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! **Zumba**® will make you want to work out, to love working out, and to get you hooked! **Zumba**® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning and energizing body movements! The routines feature interval training sessions where fast and slow rhythms and light resistance training are combined to tone and sculpt your body while burning up to 600 calories per class! Add some Latin flavor into the mix and you've got a **Zumba**® class!

Bring a friend and come join the party!

Sign up for our **Zumba** punch card - \$30 for 6 classes



schedule on line www.dancersonly.net