



“ZUMBA” for



Saturday, March 3 11:30am-1pm
Parks Department Gymnasium
945 S. Tompkins Street
Registration begins @11am
Event Begins @ 11:30am
Cost \$10/person
Dancing, door prizes snacks & more!

Lets face it, working out can be healthy, rewarding, beneficial... Working out can be lots of things, but it’s never been known to be much fun...UNTIL NOW!
Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!



Our goal is simple: We want people to want to work out, to love working out, to get hooked. By integrating Zumba into everyday life individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life!

As of February 08, Zumba has sold over 3 million DVD’s, accrued more than 11,000 instructors in thirty-five countries, and has a whopping 2 million students practicing ZUMBA on a weekly basis. Why? Because it’s the best party around!!!

Ditch the routine,
Join the party!



Join the millions of people that have decided that having fun and working out are not mutually exclusive. Join those who’d rather have a blast. Join the party!

1st class is always FREE to come and try it!!

FREE “ALL” WEEK September 12,14,17
Refreshments and give-a-ways!!

We have 2 great classes to offer you.....

Certified ZUMBA Instructor:
Julie Ruschhaupt
Monday & Wednesday Night
7:00pm
Held @ Parks Department
945 S. Tompkins Street
NEW! Pay by class....\$5/per class

Certified ZUMBA Instructor:
Theresa Hopper
Monday Mornings: 9:00-10:00am
Saturday Mornings: 8:00-9:00am
Held @ Parks Department
945 S. Tompkins Street
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