

LAKEVILLE COMMUNITY SCHOOLS COMMUNITY EDUCATION

ZUMBA

Fitness



Class

*Perfect for:
Everybody and every body!
Each Zumba class is designed to
bring people together to sweat it on.*

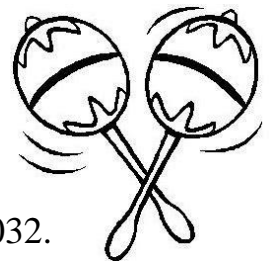
**WEDNESDAYS
OCT 21 to Jun 8
6:30 - 7:30**

COST: \$5.00 per class

(You can purchase a Zumba punch card for \$30.00)

**PLEASE MAKE CHECKS PAYABLE TO LAKEVILLE COMMUNITY
EDUCATION – 12455 Wilson Rd, OTISVILLE, 48463**

- This is a 27 WEEK Program, instructed by Heather Zovishlack,
- Will be held in the High School Cafeteria.
- Drop in basis (pay as you go)
- If you have any questions, please contact Community Ed at 810-591-4032.



How it works: We take the “work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Super effective! Super fun!

Benefits: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.