

MAKE 2010 A **HAPPY** AND
HEALTHY NEW YEAR WITH



Come Zumba with Us!!!

Tues: 6:00pm Cardio/Sculpt*

Thurs: 6:00pm Zumba

r'Place - 662 Glider Lane, Belgrade

**A 60 minute class combining Zumba, Step, and body toning with light weights for a great total body workout!*

Zumba incorporates motivating music with movements from Salsa, Merengue, Reggaeton and other Latin dances, plus toning exercises for your core! Zumba is easy to learn, great exercise and really fun!! No dance experience required!

First class free - come and try it out!

Call Shirley @ 570-9046 or check out 'Zumba Fitness' at www.rplaceyourspace.com for more info!