



CLASS SCHEDULE

- When:** Every Friday
- Time:** 9:00 a.m. to 10:00 a.m.
- Location:** Western Hills Church
3399 CSM Drive, San Mateo CA
- Dress:** Modest Work Out/Exercise Clothes
- Instructor:** Catherine Tong (650) 255-5250
- Cost:** 10 Class Punch Cards: \$50.00
Drop-In: \$6.00
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About Zumba

- Zumba® is fun...it's the type of exercise you'll want to do everyday and feel good about doing it!
- It's different. You probably never thought you'd be exercising to this type of music.
- It's effective. It is an aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results.

Let's 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 latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!



CLASS SCHEDULE

August 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Class Begins at 9:30am	7
8	9	10	11	12	13 Class Begins at 9:30am	14
15	16	17	18	19	20 Class Begins at 9:30am	21
22	23	24	25	26	27 Class Begins at 9:30am	28
29	30	31				