



FREE CLASSES

When: Every Friday Beginning March 27, 2009

Time: 9:00am to 10:00am

Location: Western Hills Church
3399 CSM Drive, San Mateo, CA

Next to College of San Mateo

Dress: Modest Work Out / Exercise Clothes

Instructor: Cathy Tong (650) 255-5250

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 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, and to get hooked. Zumba® Fanatics achieve long term benefits while experience 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

February 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Class Begins at 9:00am	6
7	8	9	10	11	12 Class Begins at 9:00am	13
14	15	16	17	18	19 Class Begins at 9:00am	20
21	22	23	24	25	26 Class Begins at 9:00am	27
28	29	30				