



ZUMBA[®]
fitness

MAKE THIS

SUMMER THE SUMMER YOU GET BACK IN SHAPE!

MONS. – Beg/Gold - **10:30am**

Gold classes are specifically designed for the active older adult, the beginner or anyone just wanting a lower impact, lower intensity class.

THURS. - **Sculpt + Tone - 9:15am**

Zumba Toning will help you build coordination, muscular strength and reshape your body. You'll not only lose pounds and inches but will have curves in all of the right places !

PALM HARBOR COMMUNITY CTR. 1500 16th St.,

PalmHarborZumba.com or **727-242-2386** for info +more classe

Zumba[®] combines Latin, Pop & International Flavored music with Easy-To-Follow moves that allow the participants to Sculpt and Tone their Body and Burn 400-1000 Calories while having FUN

\$6 class \$5 / for members or \$55 / \$45 for 10 classes punch card

BRING A FRIEND AND MAKE NEW ONES

Join The Party!!