



Register at the:
Crestwood Recreation Center
5331 W. 135th Street
Crestwood, IL 60445
708-371-4810

Zumba is a fun, Latin inspired cardio-based workout.
Learn to salsa and merengue your way to fitness!

Zumba Party

Zumba is "Exercise in Disguise". Participants are having so much fun; they don't realize they are exercising. Finally, here is a type of exercise you'll want to do and feel good about it.

Wednesdays – 6:30 to 7:15 PM

<u>Dates</u>	<u>Code #</u>
February 24 – March 31	320120-E
April 7 – May 12	320120-F

Fridays – 7:00 to 7:45 PM

<u>Dates</u>	<u>Code #</u>
February 19 – March 26	320120-B
April 2 – May 7	320120-G

\$36 resident / \$48 non-resident
(per 6 week session)

or pay an \$8.00 drop-in fee per class

Zumba Gold

Zumba Gold is designed for the active older adult or the beginner participant. Created to emphasize the basics, this explosive program is so easy to follow that everyone any age can do it!

Mondays - 6:30 to 7:15 PM

<u>Dates</u>	<u>Code #</u>
February 22 – March 29	320120-D
April 5 – May 10	320120-H

Fridays – 10:00 to 10:45 AM

<u>Dates</u>	<u>Code #</u>
April 2 – May 7	320120-J

\$36 resident / \$48 non-resident
(per 6 week session)

or pay an \$8.00 drop-in fee per class

Everyone must sign in for class. First time participants will be required to sign a waiver. Wear loose, comfortable clothes and gym shoes.

Lynn Kata, certified instructor. Read more about Lynn and the Zumba phenomenon at www.zumba.com.

Ditch the workout & join the party!