



Zumba Class

Let's face it, working out can be healthy and rewarding, as well as beneficial. But working out has not been known in the past as 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®!

In the past years Zumba® has become nothing short of a revolution. Coining the concept of fitness-party™ and making fitness fun, Zumba® has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

As of July 2009, Zumba® is being taught at over 40,000 locations in seventy-five countries, sold millions of DVD's, and changed the lives of millions of Zumba® Fanatics worldwide.

Why? Because it's the best party around.

Zumba is for EVERYONE!! – Zumba is easy – Zumba is designed for everyone, every shape and age. Anyone can join a Zumba class and have fun. This program is not limited to dancers, fitness fanatics or seniors. All exercisers from beginner to advanced will enjoy the benefits of a Zumba class. Everyone is welcome in a Zumba class!

CLASS IS LIMITED TO 15 STUDENTS! SO REGISTER EARLY!

Dates: Thursdays- (6 Week Sessions) 5:00pm- 6:00pm

- May 5th – June 9th, 2011
- June 30th – August 4th, 2011
- August 25th – September 29th, 2011
- October 20th – December 1st, 2011

(Campus Closed November 24th)

OR

Dates: Fridays- (6 Week Sessions) 5:00pm-6:00pm

- May 6th – June 10th, 2011
- July 1st – August 5th, 2011
- August 26th – September 30th, 2011
- October 21st – December 9th, 2011

(Campus Closed November 11th & November 25th)

Time: 5:00- 6:00pm (Thursdays or Fridays)

Location: Edison State College, Lee Campus, room to be announced

Cost: \$90.00 (Includes 6 consecutive Friday or Tuesday Sessions)

Instructor: Thursday's: Stacy Kobert - Zumba Certified Instructor
Friday's: Kelly Quea- Zumba Certified Instructor

Seats are limited, so register today!

Advance registration and payment is required

For registration form and information, call 239-489-9235, email celee@edison.edu

OR download from www.edison.edu/lee/ce