

Ditch the workout,



Join the millions of people that have decided that having fun and working out are not mutually exclusive. Join those who'd rather have a blast. Join the party!

Zumba features interval training routines where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add Latin flair and international zest and you've got Zumba!

It's FUN

It's DIFFERENT

It's EFFECTIVE

It works the core without having to get on the floor.

The time will fly by with this "exercise in disguise!"

You **DO NOT** have to be a dancer. The moves are simple, easy and fun.

Wear comfortable clothing and dance sneakers (or smooth bottomed soles)

Bring a bottle of water and plenty of **ATTITUDE!**

Shimmy and shake your stress away in a judge free place.

You are **GUARANTEED** to leave smiling!

Grab a friend or come meet new ones.

"Ditch the workout, JOIN THE PARTY!"

To sign up for a 6 week class, or a drop in class, please email me at zumbamaniac@gmail.com

or call **978-870-9196**. Your host of the party **Carolyn Sargent**.

Class starts Monday May 4th 9:30 – 10:30 am If you are interested in other days, let me know!!!