

ZUMBA

## Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:30 am Zumba Monica	9:30 am Zumba Toning Marcello	9:30 am Zumba Marisol	9:30 am Zumba Ruben	9:30 am Zumba Toning Marisol	9:30 am Zumba Monica	9:30 am Zumba Marcello
	10:30 am Zumba Gold Monica		10:30 am Zumba Gold Monica			
6:30 pm Zumba Marcello	6:30 pm Zumba Monica	6:30 pm Zumba Ruben	6:30 pm Zumba Monica	6:00 pm Zumba Ruben		

Ditch the workout...  
**JOIN THE PARTY!**

PARTY  
YOURSELF  
INTO SHAPE™

**Fred Astaire Dance Studio**  
117 Old State Road  
(behind USA Baby building)  
Brookfield, Connecticut  
203-775-6588  
zumbafredastaire@yahoo.com

Schedule is subject to change without prior notice

ZUMBA® Fitness is simple, easy-to-follow and so much fun that you won't believe that you are actually working out.  
Lose Weight, Get in Shape and Have an AMAZING Time!

**ZUMBA® fitness** ZUMBA® Fitness is a dance-fitness program combining pulsing Latin rhythms with easy-to-follow dance steps including Cha-Cha, Reggaeton, Mambo, Merengue, Salsa, Cumbia, Flamenco and even Belly-dancing!

**ZUMBA® toning** ZUMBA® Toning takes the original dance-fitness class to the next level. With the addition of light-weight toning sticks that are used like maracas, it is designed to help you build coordination, muscular strength and is a very effective total body sculpting workout.

**ZUMBA® gold** ZUMBA® Gold is designed for active older adults, a person who hasn't been exercising in a long time or those who may require modifications. The biggest difference is that Zumba® Gold is done at a lower intensity. Just as much fun just not as fast!

**ZumbAtomic®** ZumbAtomic® is an exhilarating dance-fitness program designed specifically FOR KIDS, to encourage children to develop a healthy lifestyle by incorporating fitness as a natural part of their lives through the use of dance, great music and exercise while having a blast!