

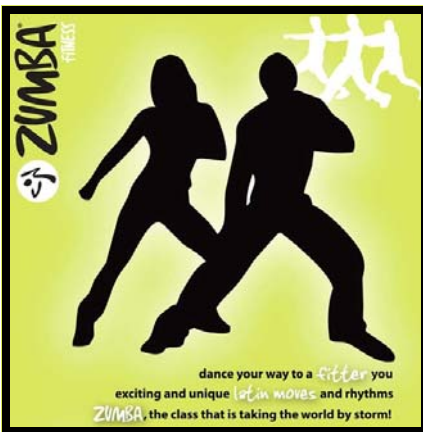


Robbinsdale Recreation Services - 763-531-1278



Thursdays: 8:15-9:15pm
Robbinsdale Police & Fire Building,
Community Room 41st & Hubbard Ave N.
Street parking available

Come join us for this fun Latin-inspired dance-fitness class with infectious music and easy to follow dance moves that will tone and strengthen the body. Get time to get in shape and a great time to try a new class.



Benefits of ZUMBA®

- ✓ ZUMBA® can leave a person with a "*feel good*" sensation. This is not just a result of good ol' endorphines. The music along with the easy to follow steps creates a truly FUN and party-like atmosphere.
- ✓ ZUMBA® is a great *fat burning* workout. Can burn 400-1000 calories
- ✓ Is suitable for men and women of all ages, shapes and fitness levels.
- ✓ ZUMBA® has the potential to *reshape* all parts of the body, including the arms, hips, heart, and MIND.
- ✓ A ZUMBA® workout provides for a fantastic sweat without even realizing you are exercising.
- ✓ People have reported *losing weight* doing ZUMBA® and combined with a sensible and well-balanced nutrition plan, can have astonishing results.
- ✓ ZUMBA® is a fantastic *core* workout.
- ✓ ZUMBA® also provides for great *interval training*. (Exercising at aerobic and anaerobic levels according to each individuals heart rate.)
- ✓ Bring your own water bottle
- ✓ Avoid the rush and pay in advance at Robbinsdale City Hall or with a major credit card: call us at 763-531-1278, Mondays-Fridays, 8:30 am-4:00 pm.
- ✓ Can start any time!
- ✓ Come and join the party!

Fees:

- * \$10.00 per time or
- * \$28.00 for 4 class punch pass if you are a City of Robbinsdale resident
- \$34.00 for 4 class punch pass if not a resident

**For more information, please visit the Zumba website at www.zumba.com or
Call Robbinsdale Recreation Services Department at 763-531-1278.**