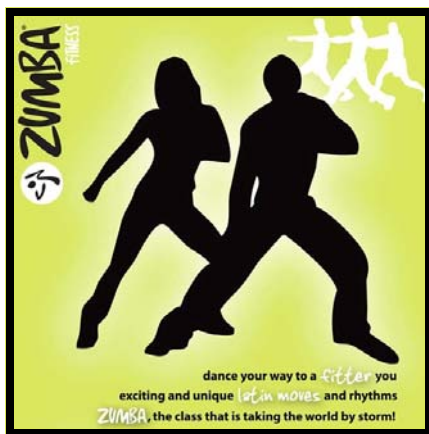


NEW!!
Starts
June 3rd



Thursdays: 8:00-9:00 pm
Robbinsdale Community Gym & Fitness Center
3730 Toledo Ave. N, SE Gym
Parking and entrance off of Regent & 37th.

Come join us as we start this new and exciting exercise program at the Robbinsdale Community Gyms and Fitness Center! 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 infectious 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 or a RCGFC Member
- * \$34.00 for 4 class punch pass if not a resident or a member

For more information, please visit the instructors website at www.zumalove.yolasite.com or Call Robbinsdale Recreation Services Department at 763-531-1278.