



**ZUMBA**  <sup>®</sup>  
**FITNESS**

## Harmony Zumba-thon

A fundraiser to support Pretty In Pink Foundation.

### What is Zumba?

Its the perfect combination of Latin dance, fitness and fun!

When you attend a Zumba® class, you're joining a party like atmosphere that is so much fun, you'll forget you're working out! Zumba® combines low-impact, high energy dances, with intervals of fast and slow rhythms. The dances are repetitive and very easy to follow, so everyone can do them. Participants in our classes are of many different ages, body types, and fitness levels. Start today and join the wonderful people who Zumba®!

"Ditch the Workout and JOIN THE PARTY"

**When: Sunday, March 21<sup>st</sup>. \$10.00 per class.**

**Class 1- 1:00-1:55pm Class 2- 2:00-2:55pm Class 3- 3:00-3:55pm**

Due to space, registration is mandatory. Thank you!

**Checks can be made out to: Harmony Pilates Studio**