



Party Yourself into Shape...
**Zumba Classes are coming to The Stembridge
Recreational Council**



Get ready to join Zumba Fitness® enthusiasts all around the world with
NEW Zumba® classes at the Stembridge Community Center

Beginning Tuesday, September 27, 2011

Zumba® is an exhilarating, easy-to-follow, Latin-inspired,
calorie-burning dance fitness party that gets people moving
toward joy and good health.

Zumba® is the world's largest and most successful dance fitness program,
with more than 12 million people worldwide taking weekly classes.

There's no other class like it!
Join the fun!

The initial schedule is as follows
Tuesday and Thursday from 10:00 am to 11:00 am
or
6:30 pm to 7:30 pm
(Other classes will be added as necessary to accommodate everyone)

Cost for the program is: \$5.00 one-time yearly registration fee
\$5.00 per class on a pay-as-you-go basis.

Pre-Registration & Meet and Greet your instructors
Tuesday, September 20, 2011 and Thursday, September 22, 2011
from 6:00 pm to 7:30 pm at

Stembridge Community Center
99 Stemmers Run Road
Essex, MD 21221

**You may join and register at any time during the year.*

For questions, please contact Zumba® instructors Tere Haslup and Candi Nock at
zumbacaliente@gmail.com

