



Licensed Zumba Instructor

Lauren Lam

Thursdays 1:00 pm – 2:00 pm

September 21st – November 30th, 2017

Registration Fee: \$20.00

For Women of any Age

Stanley Park Baptist Church

Call 519-576-1100 to Register

Wear comfortable clothing and running shoes.

Please bring water and a towel

Perfect For

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Stanley Park Baptist Church

31 Lorraine Ave. Kitchener 519-576-1100



ZUMBA[®]

fitness

Certified Zumba Instructors
Lauren, Samantha and Colleen
2 CLASSES!

Class 1: Mondays

September 18 – November 27 @ 6:30 – 7:30 pm

Class 2: Thursdays

September 21 – November 23 @ 6:30 – 7:30 pm

Registration Fee: \$20.00/each complete class

For women aged 12 and up!

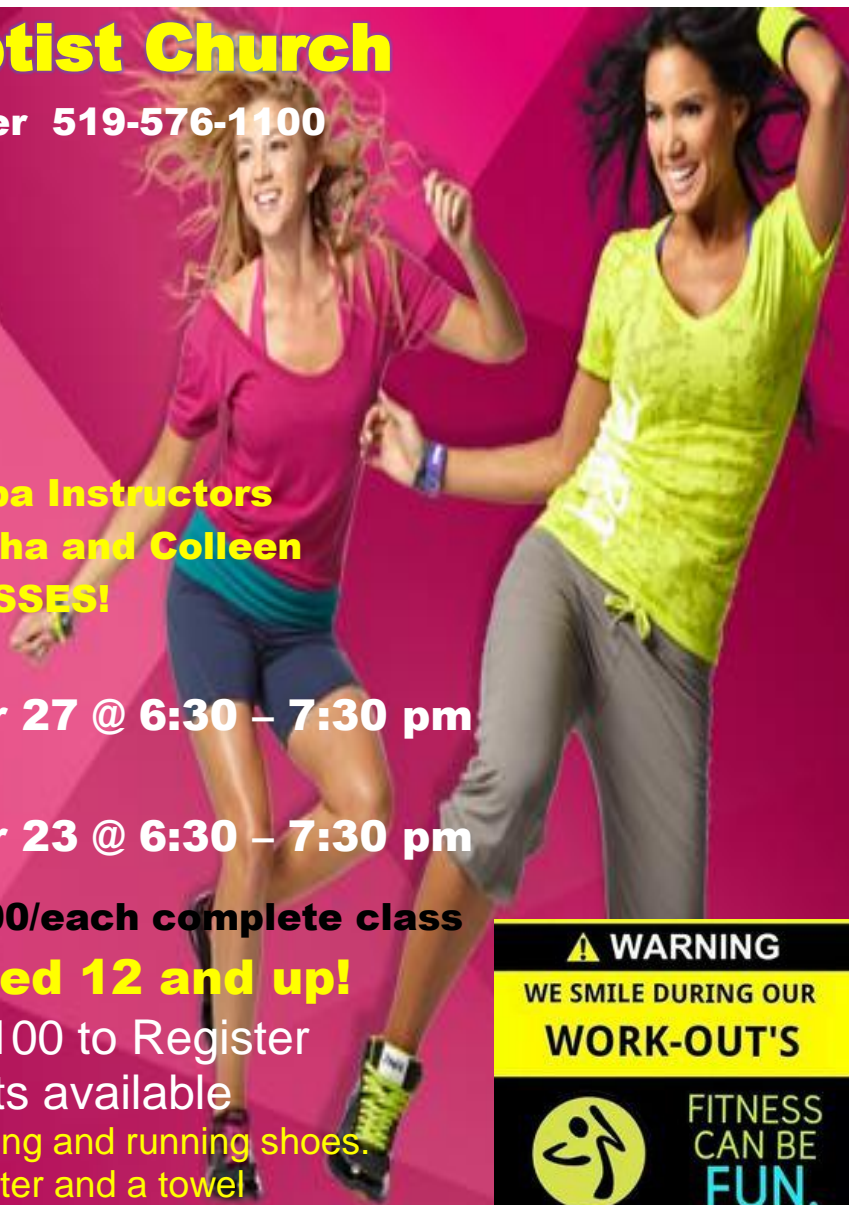
Call 519-576-1100 to Register

Limited spots available

Wear comfortable clothing and running shoes.

Please bring water and a towel

Great opportunity to invite your neighbours and friends!



⚠ WARNING

WE SMILE DURING OUR

WORK-OUT'S



FITNESS
CAN BE
FUN.

See your smile in Class!

facebook.com/ZumbaK110/ange11mar11ez