



WHAT IS ZUMBA?

ZUMBA is a fitness class combining Latin/International dancing with other types of dance for an extra fun-filled hour of exercise. You will work every part of your body in this exciting class. You will even do some toning and sculpting and not even realize it. 😊

ZUMBA is for EVERYONE! All ages and fitness levels can do ZUMBA!

EXTRA TIPS

CLOTHES~ Wear loose fitting, comfortable clothes that breathe. You will sweat! If you want, dress in layers.

SHOES~ The best shoes for ZUMBA are an aerobic dance style, with the round pivot point on the ball of the foot. Do not wear running shoes or shoes with extra traction as they will grip the floor and possibly cause harm to your knees. You may even use old, worn out sneakers with the treads worn off.

RIGHT WAY vs. WRONG WAY~ THERE IS NO RIGHT OR WRONG WAY TO DO ZUMBA... ONLY SAFE AND UNSAFE! As long as you are having fun and moving along, you are doing it right!

SUPPLIES~ Bring water and a towel! You must keep hydrated with any exercise program.

CLASS TIMES~ Check out www.zumba.com and "Find an instructor". Look up my profile for my class times. They are subject to change based on class sizes growing!

LOCATIONS~

*Mondays and Wednesdays 6:00 pm at Emerson Elementary Gym

PRICE~ \$5.00 per class (punch cards available, just ask)



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