



## WINTER 2016 COMMUNITY PROGRAMS



### COMBO CLASS

The Zumba® Fitness/Zumba® Toning class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party! During the last 30 minutes of the class, students learn how to use 1 - 3 lb. hand weights to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Our Zumba® Fitness/Zumba® Toning combo class is the perfect way for enthusiasts to sculpt their bodies naturally while enjoying the classic dance cardio party!

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Location: Riesenberg Gymnasium, Dance Studio, Room 909

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Meets: Saturdays: 10:00am-11:00am

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Dates: January 16, 23, 30  
February 6, 13, 20, 2016

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Cost: \$60 for 6-Week Session

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Instructor: Natasha Soto

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Registration Deadline: Thursday, January 7, 2016

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*Participants must bring their own 1-3 lb. hand weights*

Community Programs  
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