



Winthrop Harbor Community Center - 1520 7th Street

Wednesday's at **5:45PM**. Classes are 50 minutes long, and each session runs for eight weeks.

Current Session: October 5th - November 23rd

Residents-8 classes \$32, Drop In rate-\$5

Non-Residents- 8 classes \$40, Drop In rate-\$7

Let's face it, working out can be healthy, rewarding, beneficial... working out can be lots of things, but it's never been known to be much fun...

UNTIL NOW! Zumba fuses hypnotic Latin international and international rhythms, easy to follow moves to create a dynamic workout system that will blow you away.

(And it works for ALL age groups and ALL fitness levels!) The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got

ZUMBA!

Celebrity fitness trainer, "Beto" Perez, stumbled upon the concept of Latin inspired fitness in his native country of Columbia (South America) in the mid 1990's.

One day, he walked into his class and realized that he had forgotten his aerobics music and his only option was to grab whatever tapes he had in his car.

Beto's tapes were comprised of the songs that he loved, the traditional Latin salsa and merengue music with which he had been raised. But it was a challenge to improvise a whole class on the spot using non-traditional aerobics music.

Beto rose to the challenge and from this last-minute improvisation was born a revolutionary fitness program...ZUMBA!

Contact Meshelle for more details! eachoneteachsome@yahoo.com –
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