

UNLIMITED
Monthly
Passes
\$55!

FALL SCHEDULE – effective September 1
all classes are subject to a sub instructor if needed

Latin RhythMZ

www.latinrhythMZ.net

Drop-in fee \$8
10 classes for
\$65
(PUNCH CARD)

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:30 AM	ZUMBA Christie		PiYo Jackie		ZUMBA Paola	ZUMBA Paola	HIP HOP Lainey
11:00 AM							
5:30 PM	ZUMBA Erika	ZUMBA Paola		PiYo Jackie			
6:00 PM			ZUMBA Marcy				ZUMBA Marcy
7:00 PM	HIP HOP Linda	HIP HOP Lainey		ZUMBA Linda			

CLASS DESCRIPTIONS

HIP HOP – Fitness and dance combinations to hip hop music for an easy to follow, full intense, 1-hour sweat fest!

+ MAX CORE BURN – 50 mins of hip hop followed by 10 mins that will get you sculpted and toned in your core section. Please bring a mat or towel.

PIYO – Combines muscle sculpting and core-firming from Pilates with strength and flexibility of flowing yoga to define muscles. Yoga mat is recommended.

TOTAL BODY CONDITIONING – This toning class will sculpt and tone all muscles in your body using free weights and/or your own body weight mixed with cardio intervals for the ultimate calorie burn. Please bring a mat or towel.

ZUMBA – Latin dance & fitness moves including merengue, salsa, cumbia, soca, reggaeton, mambo, belly dance, samba, flamenco and more!