2012 Monday Morning

When: Monday 6 February til Monday 19 March
(Excluding Midterm break 12 March)
Time: 8:45am til 9:45am - Arrive at least 5 minutes prior to start of class
Where: Junior School Gymnasium
Who is Welcome: Mothers of Huntingtower students and their friends
What to wear: Gym gear/T-shirt & tracksuit pants and runners
Cost: $35 for a Prepay pack of 7 Zumba® classes only on sale prior to class on the 6 February (cash only & non - refundable)
$10 casual Zumba® class (cash only)

What is Zumba® Fitness? Zumba® embraces all the fundamental principles of fitness. The secret behind Zumba® is how it magically motivates the body to efficiently burn calories, tone all muscle groups, incorporate a full range of motion and improve the cardiovascular system. Maybe it’s the salsa beat, the tempo and the music transitions that make the Zumba® dances seamlessly flow from one move to the next.

It fuses hypnotic Latin rhythms with easy to follow moves, such as Merengue, Cha Cha, Reggaeton, Salsa, Flamenco, Cumbia, Hip Hop and Belly Dancing, to create a dynamic dance fitness program. Add some Latin flavour, international zest and a great instructor into the mix and you’ve got Zumba® Zumba® takes the ‘work’ out of a ‘workout’, combining dynamic and accessible exercise moves with interval cardio-training.”

The best thing about Zumba® is the way it’s so addictive!

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2012 Monday Mum’s Zumba!

Name: ___________________________ Child’s Class: ___________________________
Mobile: __________________________ Email: ___________________________

$5.00 cash enclosed, balance $30.00 due Monday 6 February 2012

Please return to Vanessa at Zumba by Monday 5 Dec 2011 to secure your place for Term 1.