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ZUMBA.FRANS-WA



**ZUMBA® CLASS RULE:**  
HAVE FUN.  
SING SILLY.  
DANCE CRAZY.

**What is Zumba?**

The Zumba program is a Latin inspired, and dance fitness class. Its also known as Zumba fitness party. Its combine with the fast and slow rhythm that use the tone and body using the fitness. The Zumba dance is involves dance and aerobic elements.



with  
*Frances James aka Frans-Wa*



# July Classes

Hashan Kehk Community, D2

Monday & Wednesday's  
At 6:00 p.m. – 7:00 p.m.  
Location- Gymnasium


District Seven Community

Tuesday & Friday's  
At 6:00 p.m. - 7:00 p.m.  
Location- Gymnasium

*All classes are subjected to changes by  
Instructor or Service Center.*

**ZUMBA®**  
tips for beginners

1. **HAVE FUN!** It's ok if you dont know all the moves. As long as you are moving , it's ok.
2. **LEARN THE FOOT MOVES!** Once you nailed the routine, you can then add the arms and even add your own flavor too!
3. **LISTEN TO THE MUSIC!** Its true, once you feel the music, you will get the most of your dance moves.
4. **PRACTICE!** and to do so, you need to come back and don't give up. **YOU** can do it!




*Everyone of  
All Ages  
&  
Male and Female  
Are Welcome to Attend a Class*

**Advantages of Learning Zumba**


- ▶ Weight Loss
- ▶ Get a Toned Body
- ▶ Great Stress Buster
- ▶ Entire Body Fitness
- ▶ Improves Blood Circulation
- ▶ Boost Up Your Energy Level
- ▶ Enhance Your Flexibility and Body Posture
- ▶ Keep Yourself Happy

**TIPS;**  
*Bring your water bottle.*

Eat before Zumba something light and healthy



What you can eat after Zumba



**Contact information:**  
Frances (480)233-8530  
D2 Recreation Dept. (520)562-3450 ext. 2535  
D7 Recreation Dept. (520)430-4780

