



DITCH THE WORKOUT AND JOIN THE PARTY!

Join our certified Zumba® instructor for a workout that's FUN and EASY!

Zumba combines Latin rhythms and easy moves to create a dynamic fitness program that will blow you away. By participating in Zumba, individuals will achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie burning, heart racing, muscle pumping and body moving workout! Each session works to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!



ZUMBA®
FITNESS

**Tuesdays & Thursdays
November 3 through
November 19, 2009
(No Zumba to be held on
November 24 & 26, 2009)
6-7 p.m.
Cost: \$5/class
Destination Wellness, #556
Pittsburgh Mills Mall, Entry 5**



**ALLE-KISKI
MEDICAL CENTER**