



# DITCH THE WORKOUT AND JOIN THE PARTY!



**ZUMBA<sup>®</sup>**  
**FITNESS**

Join certified Zumba® instructors,  
Megan Klucinec 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. Our goal is for people to want to workout. 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 movements 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!

**Mondays, July 27 - August 17**

**6-7 p.m.**

**Cost: \$5/class**

**Destination Wellness, #556**

**Galleria at Pittsburgh Mills, Entry 5**

**Please register at 724-274-5202**



**ALLE-KISKI  
MEDICAL CENTER**

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