

Zumba in Renfrew Spring 2010



Zumba Fitness

Lets face it, working out can be healthy, rewarding, beneficial working out can be lots of things, but it's never been known to be much fun UNTIL NOW! Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

Evenings at Ma-Te-Way

8 Week Sessions with Jayleen

Tuesday 6:30 - 7:30 pm

March 2nd - April 20, 2010

Thursday 5:30 - 6:30 pm

March 4th - April 29, 2010

(No class during March Break March 18th)

Tuesday or Thursday Evening Only

\$ 80.00 ~ One Class / week , 8 week session

Tuesday and Thursday Evening

\$140.00 ~ Two Classes / week , 8 week session

NEW DROP IN FEES \$12.00 per class



Zumba Gold Fitness

Program is second to none.

It is an innovative, fun and exciting program. It was designed for the active older adult, the **true beginner**, and/or **people who are not used to exercising**, or people who may be limited physically.

At the Recreation Centre

8 Week Sessions With Peter Boldt

Monday 6:30 - 7:15 pm

March 22nd - June 7th, 2010

No class on: April 5, 19, 26 or May 24th

Thursdays 10:00 - 10:45 am

March 25th - May 20th, 2010

No Class on: April 29th

Monday Evening or Thursday Morning

\$ 72.00 per 8 week session

NEW DROP IN FEES for Zumba GOLD

\$10.00 per class

Men and Women of All Ages and Abilities

Welcome!



ZumbAtomic® blurs the lines between fitness & entertainment with its many characters that were designed to be role models and its original music specifically designed for kids. Young dancers are given the opportunity to get into fabulous, kid active shape through repetition, great music, cool lyrics and fun! The routine also goes outside of just Latin tunes, incorporating hip-hop and other forms of music.

Tuesdays at Ma-Te-Way with Jayleen For Girlz & Boyz!

8 weeks per session

PRE-REGISTRATION REQUIRED

Min: 10 , Max 30 per class

SPRING SESSION :

March 2nd - April 27th, 2010



**NOTE
SLIGHT
Time-
Changes**

Ages 3 - 6

Little Starz

Cost: \$ 45.00

A: 4:30 - 5:00 pm (30 min/ class)

B: 5:05 - 5:35 pm (30 min/ class)

Ages 7 -14

Big Starz

Cost: \$55.00

A: 5:45 - 6:30 pm (45 min/ class)