



ZUMBA[®]

fitness

with **Carmen**
Licensed Instructor



*Come try this
high-energy,
fun,
Latin dance-based,
calorie-burning,
cardio workout!*



Mon., Tues. & Thurs.

6 - 7 P.M.

\$60/Month or \$6/Drop-In

MB Resident receive a \$5 Discount
@ the Morro Bay Community Center

Join Carmen's Zumba Class for 60 minutes of high-octane, Latin-inspired dance-fitness moves like Salsa, Cumbia, Samba, Soca and Pop combined with a series of strength exercises at time intervals.

Get the strength-building, metabolism-boosting benefits of training while perfection Zumba moves. Dress comfortably, wear athletic shoes and bring water.

For more information about Zumba, visit: <http://torres16.zumba.com>

For details about this class, contact Carmen at: (805)806-5746 itzelanahi100308@hotmail.com



MORRO BAY RECREATION SERVICES

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