



Has arrived at CHARACTORS!!!

That's right!! Zumba® is now being offered for teens and adults at Char**actors Theatre Troupe**.

What is ZUMBA FITNESS®?

Zumba® is a calorie-burning dance fitness-party™ that eliminates the "work" from "working out" by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise and dance moves.

Zumba® is designed for all fitness levels so whether you are a dancer, former wall-flower, exercise newbie or cardio fanatic, you will impress yourself at how quickly you let go, let loose and have a good old boogie in our non-intimidating party atmosphere.

Ditch the workout, Join the party!!!

MONDAY NIGHTS 8:30 - 9:30

\$15 drop-in fee (tax included)

\$70 for a card of 7 (tax included)

\$62.50 for a card of 5 (tax included)

Zumba® Instructors: Simone Elliott and Sid Kroach

At: Char**actors Theatre Troupe**, 11 Glen Cameron Road, Unit #5 905-886-9594

