



WHAT IS ZUMBA?

Zumba is a Latin-Inspired dance-fitness cardio based workout that incorporates sculpting exercises toning the entire body top to bottom. Zumba takes you on an international journey through dance and rhythms including Salsa, Reggaeton, Merengue, Cumbia and much more. You will have so much fun listening to the music, doing the steps and moving your body you will forget you are exercising!

\$10 Drop-In Classes Tuesdays from 7:00-8:00PM and Saturdays from 8:15-9:15AM starting on 10/18 at Jamie's Dance Company

**Jamie's Dance Company, 3688 Washington St. Pleasanton
(925)339-8809**

Or

**Contact Diana Robinson at deedeezumba@gmail.com or
Maria Pizarro Lopez at bebegirl48@gmail.com**

