



*Extended*



## **SUMMER SCHEDULE**

**Wednesdays 7:00 PM**

***WEDNESDAYS July 27<sup>th</sup> to August 25<sup>th</sup>***

**Saturdays 8:15 AM**

***SATURDAYS July 31st to August 21st***

**Drop In \$14 per class**

**Punch card \$80 for 8classes**

***Punch Cards are good for ALL Summer!***

*Held in EDS' STUDIO A*

These classes are for **ADULTS** only (16yr +)

*Continue to check the website for weekly updates. Turn over for information on Zumba!  
Class schedule is subject to change. There must be 5 dancers present for each class to be held.*

*Zumba – Forget the workout, join the party!*



### **What is Zumba?**

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas as legs, arms, core, and most importantly, the heart. Dancers and non-dancers alike immediately and easily master a Zumba class because you do not have to know how to dance to succeed at Zumba!

### **Who created Zumba?**

Zumba was created by Beto Perez. Beto began dancing at a very young age in Colombia, South America. He eventually became a dance and aerobics instructor. One day he realized he had left his aerobics music at home and he improvised the class with a tape he had of his favorite Latin music. The class became a hit and he's been teaching it ever since. His one-of-a-kind combination of dance and exercise is putting the FUN back into fitness.

### **What do I wear to a Zumba class?**

Participants should wear comfortable workout clothing with proper supporting sneakers (hip hop shoes or regular sneakers).

### **Is there a long term commitment to take Zumba at Elite Dance Studio?**

All adult classes are drop in classes, so there is no commitment. BEFORE class either buy a single class coupon for \$14 OR before class buy our new PUNCH CARD 8 classes for \$80 (card expires 5/15/10)

### **What if I don't get the steps right away?**

The only wrong movement in the Zumba class is NO movement. We are all here to dance and have a great time! With repetition, you will begin to understand the movements and be able to do them up to speed. All the steps will be shown in a low impact way. Feel free to do these low impact steps until you feel comfortable with the higher impact dance moves.

**See you there! Bring a Friend!**