



ZUMBA[®]
FITNESS

ZUMBA is a Latin-dance inspired fitness class with salsa, merengue, samba, bachata, mambo, cumbia, reggaeton and other international rhythms.

ZUMBA incorporates full-body moves that are easy to follow and fun to do. You will tone your entire body and lose weight all while having a great time. ZUMBA is the workout that will make you WANT to exercise!

Join us for a **FREE ZUMBA Class**
with Queen City Dancing Queen Instructor

Sara Bremer

When: Tuesday, April 7, 2009 at 6:00 PM

Class to continue on a weekly basis at the same day/time.

Where: Myers Park Presbyterian Church, 2501 Oxford Pl, Charlotte, NC
In the gym of the Christian Life Center

Who: YOU and all your friends- Class is open to the public

All levels of fitness and dance are welcome. Come early if you are new to Queen City Dancing Queen classes. Wear comfortable clothes and shoes, and bring water.

Cost of classes:

5 class card \$35

10 class card \$60

20 class card \$100

Purchase your class card by April 7 and receive 1 additional class FREE*.

For more information about this and other Queen City Dancing Queen classes, and to purchase your class card, go to:

QueenCityDancingQueen.com
or call Angie at 704-526-8845 for more information

*When you purchase or pick up your card on April 7 at Myers Park Pres. Church