

AT WORK ZUMBA



After Work CLASSES

WHERE: Exercise Room down the hall opposite the Parker Room, IWK

WHEN: Tuesdays 4:30 TO 5:15 PM

Sign up 4:00-4:30 on March 20th and 11:30 -12 on the 22nd, class will start at 4:30 - 5:15 p.m.

REGULAR CLASSES (10 CLASSES):

March 20, 27

April, 10, 17, 24

May 1, 8, 15, 22, 29

\$30 FOR ALL 10 CLASSES

OR

\$4 DROP IN IF SPACE IS AVAILABLE

CLASS SPACE IS LIMITED TO 20 PARTICIPIANTS, FIRST COME FIRST SERVE AT SIGN UP!

PLEASE BRING SNEAKERS, PROPER WORK-OUT CLOTHES AND WATER – ALL LEVELS WELCOMED

PAR Q'S AND PARTICIPANT WAIVERS TO BE COMPLETED AT SIGN UP

ZUMBA is a latin-inspired cardio, dance fitness class that combines the beats and rhythms of salsa, meringue, cumbia, raggeaton and more! A fun and exhilarating work-out that will re-energize you to tackle your afternoon at work!

ZUMBA taught by certified ZUMBA instructor, Jessica Richardson.

Contact: jessica.richardson@iwk.nshealth.ca