



Offered by Elements of Exercise with  
Dearborn Heights Parks and Recreation @

**FREE ZUMBA CLASS 1/8/10 @ 6:00PM!**

Join us for a FREE Zumba class. Whether you already love Zumba and want more or you want to see what the craze is all about. Join us for a FREE Zumba class.

**CANFIELD COMMUNITY CENTER**

10 week Session:

1/15/10-3/19/10

Fridays, 6:00 pm - 7:00 pm

10 week Sessions, 1 Day/Week = \$56.00

Drop in class: \$10

**There is ongoing registration for these classes!**

ZUMBA® is a fusion of Latin and International music and dance themes that create a dynamic, exciting, effective, and fun fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Ditch the workout...Join the Party!

Bring a bottle of water and a towel because you'll be sure to work-up a sweat! Ages 12 and up. Join us for our Friday night Party!

**Don't miss out on the hottest workout available--register today!**

For more information visit [www.elementsofexercise.com](http://www.elementsofexercise.com)

Register online @ [www.myclasspro.com/elementsofexercise](http://www.myclasspro.com/elementsofexercise)

Or Call (888)-363-3635 or

Canfield Community Center

1801 N Beech Daly

(313) 791-3600