



ZUMBA®

FITNESS

Offered by Elements of Exercise with
Dearborn Heights Parks and Recreation

FREE ZUMBA CLASS 4/9/10 @ 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

Session I: 4/16/10-6/11/10

Session II: 6/18/10-8/13/10

Fridays, 6:00 pm - 7:00 pm

*No class 5/28/10 & 7/2/10

8 week Sessions, 1 Day/Week = \$50.00

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

Register online @ www.myclasspro.com/elementsofexercise

Or Call (888)-363-3635 or Canfield Community Center 1801 N Beech Daly (313) 791-3600



Gold takes our ZUMBA® basic program and makes it accessible to active older adults, de-conditioned individuals, and those recovering from injuries. Zumba® is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! Zumba Gold class is given standing and seated. It incorporates fun music and Latin and international dance rhythms. It's a great way to give more excitement and spice to everyone's workout! **Bring a small towel and water!**

ETON SENIOR CENTER

FREE ZUMBA GOLD CLASSES

Monday 3/1/10 @ 9:30 am & Thursday 3/4/10 @ 12:30 pm

6 week Session:

Mondays, 9:30 am - 10:15 am

Session I: 3/8/10-4/12/10

Session II: 4/19/10-5/24/10

Thursday, 12:30 pm- 1:15 pm

Session I: 3/11/10-4/15/10

Session II: 4/22/10-5/27/10

1 day/ 6 weeks Session/\$30

Register @ 313-277-7765 or @ Eton Senior Center
or Call 1-888-363-3635 for more info www.elementsofexercise.com

BERWYN SENIOR CENTER

FREE ZUMBA GOLD CLASS 3/4/10 @ 9:30 am

6 week Session:

Thursdays, 9:30 am - 10:15 am

Session I: 3/11/10-4/15/10

Session II: 4/22/10-5/27/10

1 day/ 6 weeks/ \$30

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Or Call (888)-363-3635 or Canfield Community Center 1801 N Beech Daly (313) 791-3600