



Gymnastics Express Too is now offering Adult Zumba Fitness classes!! Now you can get fit and have fun while your child is in class! Even if your child is enrolled on a different day, come on down and join the party! This class is open to the public so bring a friend!

Zumba®: If you are looking for a fun way to lose weight and tone-up, this is the class for you! This high energy workout combines international rhythm with easy-to-follow dance moves that will have you burning maximum calories. This dance-based fitness workout makes losing weight a blast and will leave you craving more!

Starting February 9, 2012

Thursdays 6:00 – 6:45pm

First Class \$5!

Drop- in: \$10	5 Classes for \$45	10 Classes for \$80
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(Sign up the same night as your first class and receive \$5 off your class card!)

Come join the party!!

Instructor: Julie Cartier

(Licensed Zumba & Zumbatomic Instructor)

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