

SAGINAW TOWNSHIP RECREATION



ZUMBA®  
FITNESS

**TUESDAYS & THURSDAYS**  
**6:45-7:45 p.m.**

**DITCH THE WORKOUT...JOIN THE PARTY!**

Zumba combines high energy and motivating Latin-inspired music with unique moves and combinations that create a dynamic workout.

**Benefits of Zumba**

- **Great Core Workout** – Zumba uses moves throughout the class that work the mid section of the body making for stronger abs and back.
- **Positive Self-Image** – Zumba is energizing and will leave you feeling good!
- **Sculpted Body** – Zumba will potentially reshape all parts of your body, including your upper body, lower body, mid-section, heart & mind.

Class will be instructed by Pat Donaghy, Certified Zumba Instructor

**TRY ZUMBA...YOU WILL BE HOOKED!**

**CLASS LOCATION:** Center Courts

**PUNCH CARDS:** \$35 (4 classes)  
\$45 (6 classes)  
\$65 (10 classes)

**REGISTER AT SAGINAW TOWNSHIP RECREATION – 3320 N. CENTER**

**For more information call: 791-9860**