



ZUMBA

Fitness Classes In Brewerton

WHAT IS ZUMBA FITNESS? Zumba Fitness is an incredibly fun dance fitness program that uses Latin and international sounds and rhythms. Furthermore, it's a full out dance party.

WHEN IS IT? Every Monday night from 5:30-6:30 p.m. at Brewerton Elementary School, **AND** Every Wednesday night from 5:30-6:30 p.m. at the Brewerton Fire Hall. Please arrive a few minutes early as class starts promptly at 5:30 p.m.

WHAT IS THE COST? \$5/class or \$20 for a 5 class punchcard. Punchcards allow you the flexibility to join in when it works for you. There are no joining fees and no commitments. Punchcards valid at both locations. ****Cash only please.****

WHAT TO BRING/WHAT TO WEAR? Wear your workout clothes and smooth-soled sneakers; cross-trainers or dance/cheer sneakers work great. Don't forget your water bottle and maybe even a towel.

LIABILITY WAIVERS & AGE RESTRICTIONS. You must be at least 12 years old to participate. All participants are required to sign a liability waiver. Any participant under 18 years of age must have a waiver signed by a parent or legal guardian. **Save some time, visit www.workitwithjamie.com to print and sign the waiver before you come.**

**DITCH THE WORKOUT...JOIN OUR ZUMBA PARTY WITH YOUR
OFFICIAL ZUMBA INSTRUCTOR JAMIE SCHIRTZ.**

Visit www.workitwithjamie.com or
Email workitwithjamie@yahoo.com