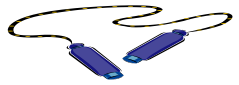




OAKWOOD VILLAGE'S
6 WEEKS
2010 SESSION

ZUMBA & CARDIO/BODY CHISEL SESSIONS
MAKE EXERCISE A PART OF YOUR SCHEDULE



- **Zumba**
- Zumba is drawing teens, moms, retirees and others. Workouts can be tailored for the age group. Zumba is a full body workout. You can't leave the class without being drenched in sweat and happy to see those pounds drenching away.
- **Cardio/Body Chisel Sessions**
- The Cardio/Body Chisel is interval training which encompasses a variety exercise styles such as aerobics, cardio with weights, boxing, kickboxing, jump roping and mixed martial arts. Each class will always be something different to eliminate fitness plateau and boredom. Modified version are always given for complicated and intense moves. Both classes keeps you moving and motivates you to work hard



Both classes keeps you moving and motivates you to work hard.



These exercise classes are for both **MEN, WOMEN.** and **CHILDREN 12 and up** (*with some exceptions*). **Join now--your heart will appreciate it!!! REMEMBER, YOU ARE SO VERY SPECIAL. YOU ARE TAKING CARE OF YOUR HEART & BODY & SOUL... It's never to late to sign up and be good to yourself.**

Register Now at:

Village Hall--- **Front Office.**
9:am – 5p.m.Contact number:(440)232-9988 x105

Six Week ZUMBA Classes Starts: Mon., July 26, 2010
BODY CHISEL Classes Starts TUES.,August 17, 2010

Class Day and Time: Mon. & Wed. **6:30 - 7:30 pm Zumba**
Tues & Thurs. **5:30 - 6:30 pm Cardio/Body Chisel**

Class Location: Oakwood Village Community Center
23035 Broadway Avenue

Cost	Zumba or Body Chisel	Both Zumba & Body Chisel Only	Walk In Per Class
Resident	\$20	\$40	\$4
Non-Resident	\$30	\$50	\$6

Visa/ MasterCard , Checks or cash is accepted at the Village Hall

ZUMBA MONDAY & WEDNESDAY - INSTRUCTOR, AMY BRODSKY
**TIME: 6:30P.M.-7:30P.M. STARTS JULY 26 THRU SEPTEMBER 1, 2010 **

CARDIO/BODY CHISEL TUESDAY & THURSDAY - INSTRUCTOR , KAREN HOWSE
TIME: 5:30 -6:30P.M.TUESDAY & THURSDAY - STARTS AUGUST 17 THRU SEPTEMBER 23

***Exercise programs and weight loss diet plans to aid and guide everyone in reaching all of their health & fitness goals fast! We provide a training EXERCISE service because we believe that everyone has the right to reach their dreams.. we're here to guide & support you through exercise. START OFF NOW ON THE RIGHT FOOT! WE'RE HERE TO HELP YOU FIND SUCCESS .

