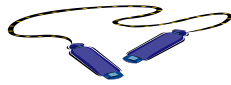




OAKWOOD VILLAGE'S  
6 WEEKS  
2010 SESSION

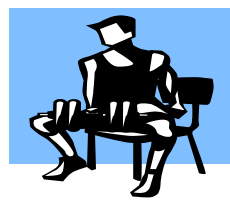


ZUMBA & CARDIO/BODY CHISEL SESSIONS  
MAKE EXERCISE A PART OF YOUR SCHEDULE

- **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.



No matter what your fitness level -- if your serious about getting fit inside and out—these classes are for you (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)232-6776 x105  
Recreation Cell (216) 978-7872

**Six Week Classes Starts:**

**Mon., June 7 thru July 15, 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 Cardio	Both Zumba& Cardio Only	Walk In Per Class
Resident	\$20	\$40	\$3
Non-Resident	\$30	\$50	\$5

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

ZUMBA MONDAY & WEDNESDAY - INSTRUCTOR, AMY BRODSKY  
TIME: 6:30P.M.-7:30P.M.

CARDIO/BODY CHISEL TUESDAY & THURSDAY - INSTRUCTOR , KAREN HOWSE  
TIME: 5:30 -6:30P.M.TUESDAY & THURSDAY



\*\*\*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 .**