



**UPDATED FLYER W/REVISED DATES**

**\*\*\*\*You can lose some weight before the holidays come\*\*\*\***



**SIGN UP FOR THE NEW ZUMBA & BODY TONING EXERCISE SESSIONS. THE NEXT SESSION WILL START  
NOVEMBER 30 THRU JANUARY 7, 2009**

**Register now at:** The Village Hall/Community Center  
**Class Day & Time:** Mon. & Wed. 6:00 – 7:00p.m. Zumba  
Tues. & Thurs. 6:00 – 7:00p.m. Body Toning  
**Class Location:** Oakwood Village Community Center  
23035 Broadway Avenue

Cost	Zumba or Chisel	Both Zumba & Chisel	Walk-in per class
Resident:	\$20.00	\$40.00	\$3.00
Non-Resident	\$30.00	\$50.00	\$5.00



**The Zumba instructor, Saqada will show you low impact and high impact...**

**No matter what your illness is, you will be shown how to move doing the ZUMBA & Body Toning**

**“IT’S NOT THE YEARS IN YOUR LIFE, BUT THE LIFE IN YOUR YEARS THAT COUNTS”**

**Chanel 8 News reporter, Kenny Krumpston was showing the New Zumba exercise Tuesday Morning, November 10, 2009.**

**According to the Mayo Clinic, exercise can improve your mood, prevent chronic disease, aid in weight management, strengthen your cardiovascular system, promote better sleep.**

