

D131 EMPLOYEES, WITH SPRING AND SUMMER APPROACHING YOU CANNOT PASS UP THIS OFFER! TAKE ADVANTAGE OF THIS FUN WAY TO SHAPE UP FOR SUMMER!

STARTING MARCH 4, 2010 IN YOUR VERY OWN BACKYARD!

Only \$2/class!

ZUMBA FITNESS CLASSES

Only \$2/class!



WHEN: THURSDAYS @ 3:45PM – 4:45PM

WHERE: EAST HIGH MAIN CAFETERIA

****March 4th Class is Free!****



ZUMBA INSTRUCTOR: Jalitza “Jolly” Colón has been Zumba certified for over a year and teaches several group exercise classes in the Aurora area! She has worked in the health and wellness industry for over five years going from Personal Trainer, USANA Health Sciences Independent Associate, to certified Zumba Instructor! With an increasing demand for Zumba classes in the Aurora area she would like to make these classes available to D131 for an extremely low cost! So if you love to have fun, ditch the workout and join the party on Thursdays in the EAHS Cafeteria! Make sure to bring workout apparel, tennis/gym shoes, and plenty of water! Questions? Feel free to contact Jalitza at jcolon.brady@d131.org or 630.299.5433.

WHAT IS ZUMBA? Zumba is a form of Latin dance aerobics and one of the fastest growing classes all over the world! You do not need to know how to dance to participate, Zumba is for everyone (males too)! Come burn stress and over 500 calories while learning to dance to Salsa, Reggaetón, Bachata, African, Hip Hop, Cumbia, Banda, Merengue, and more...