



ADULT ENRICHMENT

Paynesville Fitness Center ZUMBA!



Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World Rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Mondays - 6 - 7 pm

Wednesdays - 6 - 7 pm

Saturdays - 9 - 10 am

Instructor: Jill Eickhoff

Location: Paynesville Fitness Center

**Included with Membership
Join Today!!!**



STRONG by ZUMBA

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like *high knees*, *burpees*, and *jumping jacks* are interchanged with isometric moves like *lunges*, *squats*, and *kickboxing*. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.

Instructors: Jill Eickhoff & Sam Elliott

Dates: Thursdays (See chart below) **Time:** 6-7pm

Fee: \$24/Session (Free to fitness center members) **Location:** Group Fitness Area (by the Cardio Studio)

Registration Deadline: One week before the start of class

December	January	February
Dates: Dec 6, 13, 20	Dates: Jan 3, 10, 17, 24, 31	Dates: Feb 7, 14, 21, 28
Code: W1007	Code: W1008	Code: W1009