



Michelle Goodwin School of Dance

What is Zumba®?

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

When are classes and what's the cost?

Wednesdays from 7:00-8:00 pm! Classes run for 8 weeks, from Wednesday, September 25th - Saturday, November 13th! They will be held at M.G.S.D. The cost is \$80.00 for the 8 week session or \$11.00/class for a drop in rate! Previous MGSD Zumba attendees get 10% off!

What to wear and bring?

Work out clothes that are easy to move in and that you won't over heat in. Jazz/Yoga Pants, tee shirts, and clean tennis shoes are an example! Don't forget a water bottle and small towel.

Who are the instructors?

Melissa O'Connell is a certified Zumba® instructors!

Registration Form- Please mail back or turn in at office with payment

Zumba® Fall Session I Wednesdays from 7:00-8:00pm September 25th- November 13th

Name _____ Date of Birth _____
Home Phone _____ Cell Phone _____
Mailing Address _____
E-Mail Address _____
Payment Enclosed _____

Tuition fees are non-refundable

Classes purchased are only valid for the session specified on the punch card and are non-transferable.