



CLASSES BEGIN
TUESDAY, September 18, 2018
7:00pm – 8:00pm
at the
Victory Villa Elementary School Activity Room
500 Compass Road
Middle River, MD 21220

Zumba is dance steps to pulsating Latin & international rhythms which create a total body workout fitness program. It's an exhilarating journey to a healthy & happy lifestyle and its fun. Dance yourself into shape with Zumba classes

Arrive 15 minutes prior to the first class for registration. Bring a bottle of water and a towel.
Open to everyone age 13 and up!

Instructor: Monique Thomas at moniquethomas26@gmail.com

Program Schedule: Tuesdays & Wednesdays -- 7:00pm-8:00pm

Participation Cost: \$60 (12 classes – 2 per week) or \$6 (drop in per class)

**For more Rec Council program info go
to www.middleriverrec.com**