



ZUMBA® FITNESS

HOT—HOT—HOT!

ZUMBA is a fusion of Latin and International music combined with dance fitness moves to create a dynamic and effective cardiovascular and toning workout for ages 18 & up.



Central City Dance Center

6700 Canton Center Rd, Canton, MI 48187

For more information visit

www.CentralCityDance.com

or to register **call 734-459-0400**

8-Week Sessions

Monday Evenings

Jan 9th—Feb 27th

7:00-8:00pm

Class #187

Wednesday Evenings

Jan 11th—Feb 29th

7:30-8:30pm

Class #188

Zumba GOLD—Ages 40 +

Thursday Mornings

Jan 12th—March 1st

12:30-1:30pm

Class #189

**Cost : \$75 / once a week
for 8 weeks**

**Cost: \$135 / twice a week
for 8 weeks**

Class taught by a
Certified Fitness Specialist