

# ZUMBA® AT THE DANCE COMPANY

CLASSES START -- WEDNESDAY, MARCH 10  
6:30-7:30 PM

Bring a friend!



ZUMBA®  
FITNESS

COME IN FOR A FREE ZUMBA®  
DEMONSTRATION CLASS

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YOU'VE HEARD EVERYONE TALKING ABOUT IT, NOW COME IN AND TRY IT!

DATE: WEDNESDAY, MARCH 3  
TIME: 6:30-7:30 PM

ZUMBA Fitness is an aerobic fitness system which uses body sculpting movements and easy-to-follow steps set to Latin and International music with fast and slow rhythms. ZUMBA Fitness utilizes interval and resistance training to increase caloric output, fat burning, and body toning. ZUMBA is one hour of body-energizing and fun movements!

INSTRUCTOR  
CONNIE TINSLEY

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Connie Tinsley became a certified ZUMBA Fitness instructor when there were only a handful of certified instructors in all of Pennsylvania. Since becoming certified, Connie has advanced her education by attending various Zumba seminars and workshops. Connie has been trained in several methods of improving conditioning, coordination and strength.

Connie feels that ZUMBA Fitness is appropriate for people of all ages and fitness levels. This is evident in the enthusiastic, non-intimidating way that she leads her classes. She currently teaches Zumba Fitness at Keystone Health Club & Cafe, Club 4 Life, as well as several area recreation departments.

ZUMBA®

Spanish slang that means  
"to move fast and have fun!"

*Discounted Rates for Dance Company Moms & Dads!*

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