

**So ...What is Zumba®?** It's a program that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. It's an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Have fun with salsa, merengue, reggaeton, samba, cumbia and more. It is meant to NOT feel like an exercise class. It's fun and exciting.

**Do I have to know how to dance?** Absolutely not!!! You do not have to have any training at all...just a willingness to cut loose and have fun!

**What do I need to start?** A good pair of shoes and the willingness to have fun! Join the Party!

**How many calories can I burn during a Zumba® class?** The number of calories each person burns per class varies. However, depending on your body parameters (type, composition, intensity, range of motion), you can burn hundreds of calories per class.

So now that the formalities are out of the way..... Zumba® is a great way to cut loose and have fun....added bonus you get fit while doing it. Classes are fun, exciting and easy! Did I mention FUN?!!!

I love this program..... I love the music.....It will be my pleasure to share my love for Zumba® with you. I hope you will love it as much as I do.

Check out the new Zumba® fitness program at Fever.

New Year's Promotion: From now until Jan. 8 requests a postcard that entitles you to a 50% discount from the walk in rate. Postcards will be available at The Fever Performing Arts 3<sup>rd</sup> Annual Christmas Recital.