



WITH
LeAsia Leach



WHEN
Monday & Wednesday 7-8 pm
Saturday 10-11 am

WHERE

Spring Lake Recreation Center

245 Ruth Street, Spring Lake, NC 28390



HEY EVERYONE! IF YOU LOVE MUSIC AND YOU ARE LOOKING FOR A FUN, LIFE-CHANGING WORKOUT THEN PLEASE COME AND JOIN THE PARTY! ZUMBA IS A HIGH ENERGY, LATIN INSPIRED WORKOUT THAT COMBINES DIFFERENT RHYTHMS AND BEATS TO PROVIDE AN ENJOYABLE DANCE EXPERIENCE. THE MAIN AGENDA IS TO HAVE FUN, SO WHETHER YOU KNOW HOW TO DANCE OR NOT IT DOESN'T MATTER!

COST

\$5 per class

\$30 per month for
two classes a week

\$50 per month for
three classes a week

**** Ask how you can
earn free sessions !!**



CONTACT

LeAsia Leach

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BURN
500-1000
CALORIES PER CLASS