



PLEASE NOTE OUR NEW LOCATION EFFECTIVE NOV. 1ST.

361-570-1300, 1209 E.Hiller St. (across old Dunlaps building)

Victoria's Original Zumba!!! Ditch your old workout routine & join The HEAT party!!

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 p.m.	Zumba- hg			Zumba- hg	
12 p.m.			Toning/Abs (30 min)		
5:30 p.m.		Zumba-Hilda			Zumba
6:30 p.m.	Zumba-Lolly (1st=45 min Zumba & 2nd=20 toning)	Zumba-Blanche	Zumba-Lolly (1st=45 min Zumba & 2nd=20 toning)	Zumba-Blanche	
**Cant Make our Schedule....Call us Today and Find out how we can come to you!					
Classes Subject to Change ~ \$5.00 per class OR Monthly Membership \$25.00*					
*\$25 monthly for draft or debit accounts only.					

Zumba~ combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind.

Fire Pump~is one of the quickest ways to sculpt all your muscle groups and decrease body fat. In the class you will use a weight body bar for toning and conditioning.

*Yoga/Pilates~ this is basic introduction to Yoga. It will help create balance in the body through developing both strength and flexibility. Plus, learn the most effective exercises for your **abs**. Additionally, good core strength is important at every age and fitness level. Whatever your goals, find a way to incorporate body core conditioning into your routine to reduce fatigue, avoid muscle strain and improve your strength and mobility. Basic to intermediate introduction to Pilates.*

NOV & DEC. 08 SCHEDULE -*Please note classes with less than 10 in attendance may be dropped.*

