

(..... if the print on this flyer appears jumbled, simply REFRESH your browser!!)



Why you are going to *love* Zumba® Fitness & Zumba® Toning
At STEEPLE VALLEY DANCE STUDIO:



You'll be strutting your stuff; you'll forget you're actually exercising. With unique rhythms & motivating music, **Zumba® fitness** will make you feel alive and full of energy.



It's a total body workout and a GREAT STRESS RELIEVER!!!!!!



The moves are simple. Anybody can do it. Dancers and non-dancers alike can let go and just enjoy the fun. **Zumba® fitness** is for everyone – all shapes/sizes/ ages, male and female.



You don't need a partner to participate. But bring a friend – it's always great to work out with someone you know!

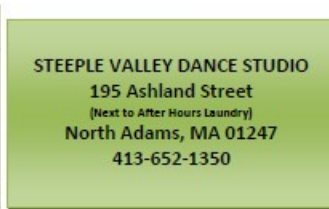


The **Zumba® Toning** Program takes the original ZUMBA Fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight toning sticks or dumbbells.

- **We have gift certificates available towards the purchase of Zumba® Classes or Zumbawear® in any denominations. FREE gift-wrapping on all purchases.**
- **We have a referral program in place to receive FREE ZUMBA® CLASSES!!!**
- **We have 5, 10, 15 and 20 class punch cards. Student discounts available!!**

DITCH THE WORKOUT, JOIN THE PARTY

WITH BERKSHIRE COUNTY'S ONLY LICENSED MALE ZUMBA® FITNESS & ZUMBA TONING INSTRUCTOR!!



ONLY \$5.00/CLASS ... WITH PARKING AVAILABLE ON SIDE!!!

Class Hours

Mon: 6:00pm – 7:00pm *Zumba Fitness*
Wed: 6:00pm – 6:45pm *Zumba Toning*
Fri: 6:00pm – 6:45pm *Zumba Toning*
Sat: 9:30am – 10:30am *Zumba Fitness*

Studio Hours

Mon – Wed: 5:30pm – 7:30pm, Fri: 5:30pm – 7:30pm, Sat: 9:00am – 11:00am, Closed Thur & Sun