



I know you have heard the term ZUMBA, but have no clue what it is. Zumba is a style of intense dance aerobics workout inspired by international dance with pulsating Latin music. No dance experience is needed, you just need to move and have fun. This is not your regular workout it's more, it's a Party!!! Get in shape, join this Zumba class now!

The Zumba class will be taught by Rachel Ladd
Day & Time: **Tues @ 630pm**, but you need to sign up NOW, space is limited. Call Rachel Ladd 847 922-2342 or email relax@rachelmassage.com to get on the list.

6 week class series \$89

Class will be held at the Mount Holly Municipal building floor 2. Wear comfortable clothes and shoes.