

September 2014 adult fitness @ allegro

SUN	MON	TUE	WED	THU	FRI	SAT
	1 CLOSED Labor Day 	2 8:00 pm Zumba (Madonna)	3	4 8:00 pm Zumba (Lori)	5	6
7	8 8:00 pm Zumba Hard Core (Stacey)	9 8:00 pm Zumba (Madonna)	10	11 8:00 pm Zumba (Lori)	12	13
14	15 8:00 pm Zumba Hard Core (Stacey)	16 8:00 pm Zumba (Madonna)	17	18 8p BLACK LIGHT PARTY! (Lori)	19	20
21	22 8:00 pm Zumba Hard Core (Stacey)	23 8:00 pm Zumba (Madonna)	24	25 8:00 pm Zumba (Lori)	26	27
28	29 8:00 pm Zumba Hard Core (Stacey)	30 8:00 pm Zumba (Madonna)				

FAQs & "But What Abouts..."

What is ZUMBA®? It's a cardio workout that feels like a dance party. Easy-to-follow moves and high energy music (including hiphop, Latin and other cultural beats) make this class effective and fun.

What is ZUMBA® HARD CORE? - Not your mama's Zumba class! High intensity songs that incorporate hand weights and target the abs for a great core workout!

But I've never done Zumba before! At Allegro, our instructors are helpful and friendly and will help you find "your place" in a new class. Steps will be broken down as needed for newbies, while still allowing for a great cardio workout—complete with sweat, laughter and a few hundred torched calories along the way.

But I'm really out of shape! Our Zumba classes are structured so that you can start at your own pace. Your instructor will help with modifications for certain moves, and your classmates understand — most of them felt the same way during their first few classes!

Drop in anytime for \$10 per class—no reservation required!
Save money with a 10-class card for \$70
No enrollment fees or contracts!

Class cards are discounted for frequent users only— Cards expire 3 months from the date of purchase

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