



ZUMBA®

FORGET ABOUT THE WORKOUT

**JUST LOSE YOURSELF IN THE MUSIC
AND FIND YOURSELF IN SHAPE AT
THE ULTIMATE DANCE-FITNESS PARTY.**



**FOR CLASS DETAILS
CONTACT YOUR LICENSED ZUMBA® INSTRUCTOR:**

Julie Bayer

630.762.8100 (Front Desk)

www.juliebayer.zumba.com

Join us for a great workout with fun, easy moves that will get you into shape. No dance experience necessary. Bring water, good gym shoes (cross-trainers or aerobic), and a towel. See you in class!

Wednesdays 5:45 pm and Saturdays 8:30 am (please confirm attendance 24 hrs prior to class via my website!)

zumba.com

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JOIN THE
party