

November 2011

ZUMBA® fitness classes



ZUMBA fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind workout. Achieve long-term benefits while having a blast in one exciting hour of calorie-burning energizing movements for all fitness levels!

Downtown

Tuesday/Thursday

7:05–8:05pm

Tuesdays with Kristin

Thursdays with Jenny/Joy

**No Class on Thanksgiving
November 24**

Saturday

1–2pm

11/12 & 11/19 Jenny/Joy

11/26 Joy Turkey Zumba



Valley

Tuesday/Thursday

7–8pm

Instructor: Luma

Early Bird Zumba

Wednesdays

6:10-7am with Pat Belec

NEW Kids Zumba

Wednesday Night

7:30-8:30pm with Luma

**FREE for members
\$10 nonmember**

Sign up at any The Alaska Club Front Desk.