

# October 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

Instructor: Kristin

Saturday, October 8 & 15

1–2pm

Instructor: Jenny and Joy

### Valley

Tuesday/Thursday

7–8pm

Instructor: Luma

ZUMBA PARTY October 22

2pm

Wear pink and dance for a good cause. October is breast cancer awareness month.

Donations accepted at the front desk.

**FREE for members**  
**\$10 nonmember**

Sign up at any The Alaska Club Front Desk.