



ZUMBA® Fitness, the exhilarating, Latin-inspired dance-fitness program, continues in the new year! Women ages 18 and up are invited to try this fun, easy-to-learn way to get in shape!

- Dates:** Tuesdays, January 3—March 6
Time: 9:45—11:00 am
Location: Brindle Hall
Instructors: Angelica Ried, SJC parishioner
Beth Truitt
Fee: \$5/class or \$45 for all 10

You should wear comfortable clothes and exercise shoes. No experience is required, but basic flexibility and range of motion is necessary, and you must sign a waiver in order to participate.

**Please complete the form below and submit it to the parish office, or drop it in the collection basket at Mass,
Attn: Mary Vukelich**

ZUMBA® FITNESS CLASS REGISTRATION

Name _____

Phone number _____

Email address _____

Fee enclosed _____