

FIRST CLASS IS FREE!

\$6. a class drop-in

\$50. For a 10-class Punchcard.

No Expiry! Transferable!

Katherine Reed is a multi-certified fitness instructor for over 20 years; certified in Zumba for over 10 years.

Zumba is suitable for women and men of all ages and fitness levels; options are shown to allow you to work at your pace or push it hard! This is a work out that is fun to do and burns more calories than most classes! There are no wrong moves in Zumba, just fun and sweat!

SEE YOU SOON!



KENTVILLE REC CENTRE

EVERY TUESDAY

6:30 - 7:30PM

**KENTVILLE REC CENTRE
354 MAIN ST**



**PARTY YOURSELF
INTO SHAPE**

The Latin-inspired, easy-to-follow,
calorie-burning, dance fitness-party.
Feel the music and let loose.

