

Hi, My name is Cheryl Holden, I'm a highly energetic fitness instructor and I've been instructing for 33 years, yes I started young and have gone through all the "What Hot this year". What's Hot and sweeping the world is ZUMBA! I also teach Pilates and a blend of Boot Camp Cardio circuits to boost your heart rate and drop pounds.

Zumba® Fitness is a Latin-inspired fitness class that uses combination of current hits, Latin & international music with movements to take you on a fun journey to a healthy and happy lifestyle. My classes are a Combo Zumba class where I incorporate using hand weights and step boards which neither are required to do the class. My Sessions are Jam-packed with hot dance steps and feel-it-to-the-core routines, this invigorating dance-fitness workout will have you movin', shakin' and rockin'! It's a Party, Ditch the work out and Join the Party...all ages are welcome and no previous experience is needed to join! Wear comfortable clothing to move and groove in, runners, towel, and don't forget your water bottle. Step boards are available and if you want to use hand weight 1-3lbs are recommended.

Classes Starting Sept 18/2011 and run - Sundays- Tuesdays & Wednesdays

Sundays	12 noon - 1pm 7:00pm -	Zumba combo class- Hand Weights optional - LOW IMPACT
Tuesdays	8:00pm 7:00 pm -	Pilates - Body sculpting - Large Balance ball required
Wednesday	8:00pm	Zumba combo class- Hand Weights optional - LOW IMPACT

Each Session is 10 weeks - 10 Sundays, 10 Tuesday, & 10 Wednesdays = 30 classes per session.
Classes are sold in groups of 10- mix and match your days within each Session.

10 Classes	\$40.00
20 Classes	\$55.00
30 Classes	\$70.00

Note: For Sunday & Wednesday Classes Bring your own hand weights - 1-3lbs is recommended - **not necessary routine can be done without hand weights.**

For Tuesday Pilate classes you'll need to bring a Large Balance ball, these classes are easy to follow, fun, and results are amazing!

If you require any additional information please call me CHERYL HOLDEN (Instructor)

at 224-5225, leave a message if I'm out and I'll be happy to return your call.