



Contact Nancy Graybill for registration/information and other class locations.
 Email: nancygraybill@att.net / cell# 586-909-4784

<u>Day</u>	<u>Time</u>	<u>Class</u>		
Monday's:	9:30-10:30am	Zumba	Session: 7/5-8/30	Fee: \$64
	10:30-11:30am	Butt's&Guts	Session: 7/5-8/30	Fee: \$64
Wednesday's:	6:30-7:30pm	Zumba	Session: 7/7-9/1	Fee: \$64
	7:30-8:30pm	Zumba Toning	Session: 7/7-9/1	Fee: \$64

Class Descriptions

ZUMBA ! -A fusion of hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning 600-800 calories in one hour class! Add some Latin flavor and international zest into the mix and you've got ZUMBA!

Zumba Toning – emphasis on muscle work along with Zumba dance fitness adding light weight toning sticks or dumbbells with combination of cardio and dynamic resistive exercises to improve overall performance.

Butt's&Gut's- Get ready to feel the burn! focus totally on lower body and abs! Low impact exercises, plyometric movements, to help strengthen and tone your legs, glutes, and abs!

All Classes are taught by Nancy "G" Graybill,
 AFAA Certified Fitness Instructor and Personal Trainer.

Class information on facebook fanpage: Nancy G. Fitness
 No Refunds. Missed classes must be made up within the class session period.
 Payment due at registration. Classes subject to change or cancellation due to low enrollment
 Drop in rate: \$10 all locations/classes.

