

## Zumba<sup>®</sup> Fitness is coming to Brewerton UMC !!!

This Zumba<sup>®</sup> Fitness class will have a three-fold purpose:

1. to have FUN
2. for Fitness
3. for local missions

Classes will be on Monday nights from 6-7pm at Brewerton UMC starting on January 17th. The first class will be complimentary. This a new class, with new instructors, and with a mission.

Tammy Allen and Joan Graves have both taken the Zumba Fitness Training and are excited about using this training to raise money to help local people in need. If you have never participated in a Zumba<sup>®</sup> Fitness class before, you are in for a treat. Everyone likes to dance, whether in public or in their hearts - well now is the chance to let that inner dancer in you out, promote your own health and help support local missions. No dance experience is necessary, n coordination is necessary, because when you are doing Zumba Fitness, as long as you're moving and having fun, it is all good.

We recommend you come a little early the first week, so we can get some paperwork completed, along with some general instruction - and then off we'll go...to 60 minutes of exhilarating fitness.

Please wear comfortable sneakers (without a lot of grip), bring a water bottle and a mindset to have fun - and that's all you'll need.

After the first week, we are requesting a \$5 per class donation to our Mission Group. Once you are hooked on Zumba<sup>®</sup> Fitness as we are, we will have punch cards available for classes.

Tell your friends, bring someone along, and be ready to **Have Some Fun...**