

SRJC Fitness Calendar

September 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 No Class	2	3
4 No Class	5	6 7:00 pm Zumba Toning	7	8 7:00 pm Zumba Fitness	9	10
11 10:00 am Zumba Fitness	12	13 7:00 pm Zumba Toning	14	15 7:00 pm Zumba Fitness	16	17
18 No Class	19	20 7:00 pm Zumba Toning	21	22 7:00 pm Zumba Fitness	23	24
25 10:00 am Zumba Fitness	26	27 7:00 pm Zumba Toning	28	29 7:00 pm Zumba Fitness	30	

Zumba is a dance fitness program that blends upbeat world rhythms with easy-to-follow choreography. It's a total-body workout that feels like a celebration.

In **Zumba Toning**, we use light toning sticks or weights while we dance, to enhance rhythm and to sculpt our body naturally.

**Zumba is moving millions of people worldwide to health and joy.
Come join us!**

Fee: \$10 per class

All classes held in the auditorium, unless otherwise noted.

Debby Snider

AFFA Certified Group Fitness Instructor

Licensed Zumba Instructor: Zumba Fitness, Zumba Gold and Zumba Toning

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Shelter Rock Jewish Center

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