

# SRJC Fitness Calendar

| November 2016                               |        |                               |           |                        |        |          |
|---|--------|-------------------------------|-----------|------------------------|--------|----------|
| Sunday                                      | Monday | Tuesday                       | Wednesday | Thursday               | Friday | Saturday |
|   |        | 1<br>7:00 pm<br>Zumba Toning  | 2         | 3<br>7:00 pm<br>Zumba  | 4      | 5        |
| 6<br>No Class                               | 7      | 8<br>7:00 pm<br>Zumba Toning  | 9         | 10<br>7:00 pm<br>Zumba | 11     | 12       |
| 13<br>10:00 am<br>Zumba                     | 14     | 15<br>7:00 pm<br>Zumba Toning | 16        | 17<br>7:00 pm<br>Zumba | 18     | 19       |
| 20<br>10:00 am<br>Zumba                     | 21     | 22<br>7:00 pm<br>Zumba Toning | 23        | 24<br>No Class         | 25     | 26       |
| 27<br>10:00 am<br>75-Minute<br>Turkey Burn! | 28     | 29                            | 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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