



Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UNTIL NOW!

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

In the past years, the Zumba® program has become nothing short of a revolution, spreading like wildfire, and positioning itself as the single most influential movement in the industry of fitness.

As of May 2010, the Zumba® program is being taught at over 60,000 locations in 105 countries, has sold millions of DVDs, and has changed the lives of Zumba® Fanatics worldwide with an astonishing 7.5 million participants taking Zumba classes every week.

Why? Because it's the best party around.

On Monday September 20th...Center Stage Dance Studio joins this fitness craze. We will be offering 3 ZUMBA fitness classes per week. We have 2 certified instructors on staff that will take you through the most exciting exercise program of your life !

**Monday 8:30 PM**  
**Wednesday 7:45 PM**  
**Saturday 12:45 PM**



Purchase a ZUMBA fitness punch card for \$35 per month and you can attend unlimited classes during the month....you could attend 12 classes if you wanted to.

Single classes are priced at \$10 per class. 50% less than the other offerings in the South Metro.