



**ZUMBA®**  
FITNESS

**COME JOIN THE FUN!**

**Mondays and Wednesdays, here at LPC  
6pm to 7pm**

**It's easy, fun, different, and effective!**

Everyone can master Zumba, because you just move and keep moving,  
and having fun.

It is a Latin inspired, fitness class that incorporates Latin and  
International music, with rhythmic moves for the body.

**Ditch the old treadmill & come join the fun!!**

Introducing one of our newest instructors: Angela Vaughan