



Zumba®

At Holderness Town Hall
with Kim Currell!

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party TM that's moving millions of people toward joy and health. Zumba increases focus and self-confidence, boosting metabolism and enhancing coordination. Zumba lovers credit the dance craze with freer inhibitions, sharper minds—and tighter abs. “It changes your body better than body sculpting....” Other benefits may include: increased aerobic threshold, more stamina, increased bone density, improved balance and muscle tone, less body fat, and lower blood pressure.

Call Holderness Recreation at 968-3700 or email holdrec@roadrunner.com for more info.

• Saturday's 9—10am

• Wednesday's 6:30—7:30 pm

• \$10 per visit or \$48 for 6 classes



dance your way to a better you
exciting and unique Latin moves and rhythms
ZUMBA, the class that is taking the world by storm!