

VIRTUAL ZUMBA GOLD WITH JAN



The class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Be ready to sweat and finish feeling empowered and strong.

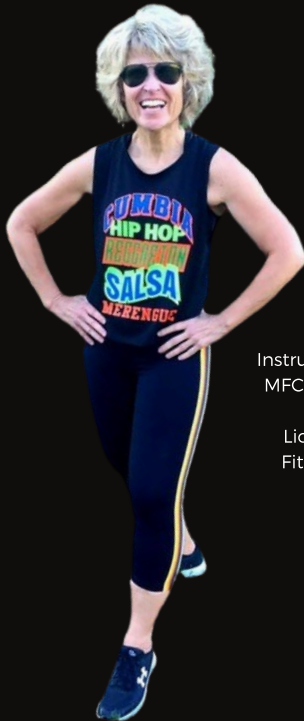
Benefits? Cardiovascular, muscular conditioning, flexibility and balance!

CLASS DATES: OCT 7, OCT 14, OCT 21, OCT 28

TIME: 6:30 PM

COST: \$20 FOR ALL 4 CLASSES

These classes will be broadcast over ZOOM via emailed link. Participants will need access a computer and the internet.



Instructor: Jan Keryluk,
MFC Certified Fitness
Professional,
Licensed Zumba
Fitness Instructor



**REGISTER: ONLINE AT
RMOFSTCLEMENTS.COM/FI
TNESS-CLASSES OR AT THE
RM OFFICE, 1043 KITTSON
RD, EAST SELKIRK**