

Constantine Community Fitness Center

260 W. 6th Street, Constantine MI 49042 ~ 269-435-9016

www.constps.org

ZUMBA
6 Class Session

\$20 for members if paid in full or \$4 per session
\$40 for non-members if paid in full or \$8 per session
Make checks payable to CCFC – please call 435-9016 to
sign up or sign up in the Fitness Center or just show up!

TIME: 6:30 p.m. - 7:30 p.m.

DATES: MONDAY'S
Every other Monday

Jan. 16, 30, Feb. 13, 27, March 12 & 26
Then the next session will start

PLACE: Constantine Community Fitness Center
Constantine Middle School Gym

Class will be taught by Kathy Johnson of Three Rivers

Zumba is growing in popularity because it feels more like dancing than exercising. Latin-style dance movements and interval aerobics keep participants coming back. It is moderately easy to learn the basic Zumba routines! Anyone can do it!

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