

ZUMBA®

Fall 2010

Mondays from 7:30 - 8:30 pm

With Maureen

Begins September 27 - 10 weeks

**DITCH THE WORKOUT!
JOIN THE PARTY!**

Zumba is the most fun, Latin-dance inspired workout that is sweeping the international scene!

It is easy-to-follow dance moves, all low impact, with terrific music to MOVE YOU! Burn Calories! Lose weight! Have fun! 50 minutes of Cardio. 5 mins of abs!

Read more about this fantastic new exercise at www.zumba.com

www.mraesyogastudio.com

Please Pre-register

416-716-7589

Or Email:

info@mraesyogastudio.com

Fee: \$140 + hst

Maureen Rae's Yoga Studio
5324 Dundas Street West
Toronto

