



What is ZUMBA? Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. It combines cardio and total body toning in a fun and easy workout...you don't even realize you're exercising!

When? Tuesday 6:15pm & 7:15pm
Wednesday 6:30pm

Where? Valiant Gymnastics Academy
5796 Constitution Drive
Florence, KY 41042
Upstairs in the VGA Lounge

How much? \$10 per class
*Save 10% when you sign up for a 10-week session

Sign up at the VGA counter!!! Classes will be limited to enrollment on a first come, first serve basis.

Questions? Call (859) 525-8421