

# WINTER 2012

## *Zumba® Toning*

An innovative Latin-dance, cardio/muscle toning program with the addition of light hand weights. These classes offer a higher caloric expenditure, increase upper body and core training benefits and improve strength, endurance, coordination and balance. Zumba Toning is fun, different, challenging, effective and easy to self-pace.

**All Levels Welcome - Bring Mat and Water**

**Tuesdays 10:30 am. January 10 - March 27**

## *Zumba® Gold-Toning*

This new program offers the best of both worlds — the exhilarating experience of a Zumba dance class with the benefits of safe and effective strength training. It's an easy to follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms the classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

**Fridays 10:30 am. January 13 - March 30**

### **RATES FOR ADULTS:**

**12 classes @ \$12 = \$144 + HST \$161.28**

**8 classes @ \$14 = \$112 + HST \$125.44**

**Single drop-in: \$15.18 + HST \$17.00**

### **RATES FOR SENIORS AND STUDENTS**

**12 classes @ \$9 = \$108 + HST \$120.96**

**8 classes @ \$11 = \$88 + HST \$98.56**

**Single drop-in: \$12.50 + HST \$14.00**

**Classes held at West Vancouver Masonic Hall  
1763 Bellevue Ave. Instructor: Mary Sayers**

Call Esprit de Core Fitness Studio 604-926-2858  
to register or for more information.

**Join the Party!**