



What is ZUMBA? ZUMBA is a fun aerobic workout incorporated with easy to follow dance steps. It is based on the principle that a workout should be "FUN AND EASY" to do. Zumba takes all the excitement from the ordinary aerobic fitness programs currently out there. Zumba is a well-rounded fitness program which includes five components for success: warm-up; flexibility; cardio; resistance; and cool-down.



Liz Quiñones is a NY Rican born in Brooklyn New York, raised with a natural Latin flavor! She is a Certified Zumba Instructor, and has been teaching for 2 years.

Dance your way to a fitter you, with exciting and unique Latin moves and rhythms, while learning Merengue, Salsa, Bachata, Cha Cha, Cumbia, Belly dance, Rock 'n' Roll & more. You do not have to know how to dance to do Zumba. Who says exercise can't be fun?

Come and see the room filled with Liz' wonderful & exciting group of members who are actually smiling, and enjoying themselves as they exercise!

Liz' objective is to promote a physical activity to help her members live a better Quality of Life!

**1<sup>st</sup> CLASS IS FREE!**

Zumba classes offered @Town Hall of Indian Shores on Mondays @5:30 pm & Weds. @9:00 am. In December, Monday morning classes will resume, the 1<sup>st</sup> Monday morning class will be held on 12/7 @9:00 am. For further info. contact Liz via Email: [Liz@Lizumba.com](mailto:Liz@Lizumba.com) or Phone # (813) 476-9776.