

**Get in shape this summer...**

## **DANCE-FITNESS-ZUMBA**

Lets face it, working out can be healthy, rewarding, beneficial working out can be lots of things, but it's never been known to be much fun UNTIL NOW!

This class fuses dance, pilates and flexibility exercises, hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix.

- Is fun...it's the type of exercise you'll want to do everyday and feel good about doing it!
- It's different. You probably never thought you'd be exercising to this type of music.
- It's effective. It is an aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results.



- Classes given by **Lilian Armenta** DEA (Dance Educators of America) certified in UNLV

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