

ARE YOU READY FOR MORE ZUMBA?



INSTRUCTOR TEACHING...

NICOLE BEST

A NEW KIND OF EXERCISE! *It's the type of exercise you'll want to do everyday and feel good about doing it!*



Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to work out, to love working out, and to get hooked. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe inspiring movements meant to engage and captivate for life!

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 and you've got Zumba!

Let's 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!*

- 2 Sessions: Wednesdays and/or Fridays (10 Weeks)
- Dates: October 2, 2013 – December 11, 2013 – Wednesdays
- Dates: October 4, 2013 – December 20, 2013 – Fridays
- Fee: \$55.00 each session
- Time: 4:00 pm to 5:00 pm on Wednesdays
- Time: 7:00 pm to 8:00 pm on Fridays



REGISTRATION INFORMATION

PCTI's Adult Education Website where you can register directly at:

www.ssreg.com/passaic or www.pcti.tec.nj.us

And/or see Margie Rivera in the Main/General office.

Note: minimum of 10 students in class



10 WEEKS – \$55.00

