



THE CUMBERLAND RECREATION DEPARTMENT AND
JUBALI FIT, LLC ANNOUNCE THE FOLLOWING CLASSES:

CLASS SCHEDULE:

Free Intro's to Zumba® Fitness – Open to everyone to learn the steps and see how fun fitness can be!

Saturday (9/19) from 8:30am – 9:00am	FREE
Tuesday (9/22) from 7:30pm – 8:00pm	FREE
Thursday (9/24) from 8:00pm – 8:30pm	FREE
Monday (9/28) from 5:30pm – 6:00pm	FREE

NEW! Health and Wellness Workshop (FREE) – TIME FOR YOU!

*On the 4th Wednesday of Every Month, Starting Wednesday, 9/23 from 7:30 – 8:15pm
(There is no exercise in this class) Each session will cover a topic designed to enhance your well-being, inside and out, including: Belly Fat, causes and solutions, Why you can't lose weight, How stress harms our bodies and how to reduce it, What is your Body Type and the best exercise for, Why sleep is soooo important to Wellness, Hear Attacks in Women: Syptoms that you might not know! Blood Pressure: What are your numbers & what do they mean? Plus many more! Health charting and Health Monitors available for use at this workshop. Light refreshments served.*

<u>Monday:</u>	10:30am-11:30am	Zumba Gold	\$3.00
	6:00pm – 7:00pm	Zumba Fitness	\$5.00

<u>Tuesday:</u>	6:00pm-7:30pm	Zumba & Toning with live conga player	\$5.00
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<u>Wednesday:</u>	6:00pm – 7:00pm	Kel: 3FLOW	\$5.00
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Combination of 3 wellness segments to improve your overall sense of well-being and health. These segments may include Medicine Ball, Tai Chi, Yoga, Zumba & Meditation for improvement of core strength, balance, coordination, posture improvement, breathing techniques, relaxation and increased calorie burn. Please bring a yoga mat. Health Monitoring available at this class!

<u>Thursday:</u>	7:00pm-8:00pm	Zumba & Toning	\$5.00
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<u>Saturday:</u>	9:00am–10:00am	Zumba & Toning	\$5.00
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WHERE: All classes will be held in the air conditioned exercise/fitness room at the Cumberland Senior Center, 1464 Diamond Hill Rd.

Remember to wear comfortable clothes!! Free bottled water at each class. Walk in's welcome! No registration is required. For more information please call 508-802-1647 or Cumberland Recreation at 334-9996.