



**STRONG**  
BY ZUMBA™  
Mondays



**ZUMBA**  
with Karime  
Thursdays





**WORK EVERY MUSCLE**

Using your own body weight, you will engage muscular endurance, tone and definition.



**FEEL THE AFTERSHURN**

The high intensity intervals will get your body burning calories long after your workout.



**GET STRONGER, FASTER**

By working harder than you thought you could, you'll see results faster and accomplish more ambitious fitness goals.

January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## Zumba

Jan 17 - Feb 28  
Thursdays from 7:00-8:00 PM  
\$49 for 7 classes  
\$8 drop-in



## Strong by Zumba

Jan 21 - Feb 25 (No class Feb 18)  
Mondays from 6:00-7:00 PM  
\$35 for 5 classes  
\$8 drop-in



Drop in \$8  
Punch cards will be available at REC Centre  
10/Class Punch Card \$80

Buy 10/ classes Punch Card  
Get 1 FREE class



Lillooet & District REC  
Centre 930 Main Street  
250-256-7527  
rec@lillooetbc.ca