

MUCH MORE THAN JUST A DANCE CLASS!



STRONG
BY ZUMBA™

It's not a dance class. It's not just another boot camp. STRONG BY ZUMBA is a total body workout that uses your own body weight to transform your body as muscle conditioning, cardio and plyometric moves help you burn calories and tone your abs, arms, legs and glutes. It's a group fitness experience like no other!

With Certified Strong By Zumba® Instructor Karime Jolly

Tuesdays and Thursdays Aug 7 thru Aug 30
Aug. 7 - 9 - 14 - 16 - 21 - 23 - 28 - 30
7:00 - 8:00 PM
Lillooet REC Centre Gym
8 Sessions for \$56 or \$8 Drop In

**Register at the
REC Centre or with Karime**

Lillooet REC Centre
930 Main Street
Ph: 250-256-7527 Email: rec@lillooetbc.ca



Child Minding available for Aug 14-30 sessions

For children ages 4 and up in Room 101

Cost: \$3 per child