



# STRONG

BY ZUMBA<sup>®</sup>  
Mondays



# ZUMBA

with Karime  
Thursdays





**WORK EVERY MUSCLE**

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



**FEEL THE AFTERBURN**

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.



OCTOBER 2018							NOVEMBER 2018							DECEMBER 2018									
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT			
	1	2	3	4	5	6					🧘	1	2	3							1		
	7	8	9	10	11	12	13	4	5	6	7	🧘	8	9	10	2	3	4	5	🧘	6	7	8
	14	15	16	17	18	19	20	11	12	13	14	🧘	15	16	17	9	10	11	12	🧘	13	14	15
	21	22	23	24	25	26	27	18	19	20	21	🧘	22	23	24	16	17	18	19	20	21	22	
	28	29	30	31			25	26	27	28	🧘	29	30	23	24	25	26	27	28	29			

Starting Oct 18th through Dec 13th

**Mondays: Strong by Zumba**  
**Thursdays: Zumba**  
**Time: 7:00pm to 8:00pm**  
**at The Rec Centre Gym**



**Drop in \$8**

**NEW**  
**Fitness Program Punch Cards**  
**now available at the REC Centre -**  
**11 Classes for \$80**



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