



ZUMBA[®]
fitness

*Burn 500 - 1,000
calories per hour*

**THE LATIN-INSPIRED, EASY TO FOLLOW, CALORIE-BURNING
FEEL-IT-TO-THE-CORE FITNESS-PARTY**

Zumba fitness combines Latin music and Latin dance steps with low impact aerobics. All ages, sizes, and levels welcome!

Instructor
Lori Hergert
Phone
970.356.3363
EMAIL
nywords@yahoo.com

**Please bring water
and flat shoes**

**MEMBERSHIP
NOT REQUIRED**

Place / Schedule

Scared Space Yoga, 4689 W. 20th St.
Mondays 4:15 - 5:15 pm
Tuesdays 10:30 - 11:30 am
Fridays 9:30 - 10:30 am
Saturdays 9:30 - 10:30 am



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