



Liz Mahoney

Certified ZUMBA Instructor

ZUMBA with LIZ now at the Studio of Creative Movement!

Sundays 7-8pm

ZUMBA Fitness classes incorporate dance and cardio moves with international and Top 40 music. Each easy-to-follow class is jam-packed with energy and lots of fun! *NO dance experience needed and all fitness levels welcome!* ZUMBA is ideal for anyone from 'tween' and up!

Come see what everyone's talking about!

Try ZUMBA with LIZ this week -- just in time for New Years resolutions! Starting January 9th, 2011 drop-in ZUMBA classes will run each **Sunday from 7-8pm**. Watch how easy it will be to KEEP a resolution!

Wear comfortable exercise clothing and sneakers; Bring water.

First class only \$5 - cash or check accepted. For all other pricing, see Liz's page at www.ZUMBAwithLIZ.com. Special discount for those who purchase class cards at their first class.

Have questions? Email Liz at Liz@ZUMBAwithLIZ.com

What students say about ZUMBA with LIZ:

"Liz rocks! She takes Zumba to the next level. Her choreography and choice of music allow you to get a really great workout and have a lot of fun along the way."

– Paul

"It's the best workout in town! Liz is awesome, energetic, and very engaging!"

– Anitza

Bring a friend and join the party!

