



## Zumba Exercise Class

**Instructor:** Paije Nobles, Certified Zumba Instructor

**When:** **Mondays, 7-week session ( 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/27)**  
**Thursdays, 9-week session ( 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1)**

**Monday class time options:**

[Class 1: 4:15 pm – 5:00 pm](#)

[Class 2: 5:15 pm – 6:00 pm](#)

[Class 3: 6:05 pm – 6:50 pm](#)

**Thursday class time:**

[Class 1: 4:15 pm – 5:00 pm](#)

**Where:** Administration Building  
301 West Jefferson St.  
Basement, New Group Exercise Studio

**Info:** Zumba classes are multi-level, beginners are welcome. Zumba means “*to move fast and have fun.*” It is a dance fitness program which combines Latin and international music with dance and exercise moves.

**Cost:** Determined by the number of people registering for the class. Students share the cost of the instructor. We ask that you register **by Wednesday, January 4<sup>th</sup>**. Click on the class of your choice above to email Jan Hertzfeld and include contact information. Jan will send out class details and cost prior to the first class.

**Payment for the Zumba sessions will be required at the first class.** You will need to bring cash or a check made payable to Paije Nobles.