



101 Broadway Road, Ste 16-17, Dracut, MA

978-957-1100

180fitnesstraining.com

**NEW!!!**

# Zumba<sup>®</sup> Kids

Perfect for our younger Zumba<sup>®</sup> fans!

**Kids get the chance to be active and jam out to their favorite music.**

AGES 8-14

Saturdays...Starting 1/17/15

10:00-10:50AM

**7 Weeks 1/10-2/22**

January classes...1/17, 1/21, 1/31

February classes...2/1, 2/8, 2/15, 2/22

**\$70**

Single classes/drop-ins...\$13

**These are not progressive classes...can be joined any week...come play anytime!**

## How It Works

Zumba<sup>®</sup> Kids classes feature kid-friendly routines based on original Zumba<sup>®</sup> choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

## Benefits

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

## Your Instructor

Gretchen Breau fell in love with ZUMBA while a class participant and decided to become an instructor. She has been teaching ZUMBA for over 3 years, adults as well as several Zumba<sup>®</sup> Kids classes a week. Her fun personality has her adult and younger students coming back for more.

**Please contact Terrie at 978-957-1100 for more info or to register. Space is limited!**