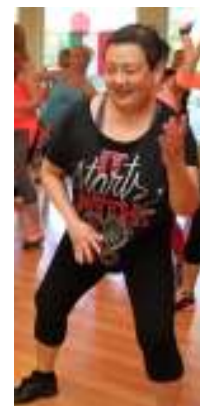


NEW CLASS BEGINS 9/20/17



“Bailalos, Gozalos, Vivelos! Let’s dance, Let’s enjoy, Let’s live!!”

Your instructor, Diana Yu, is licensed to teach Zumba® fitness, Zumba Gold® and Zumba® Toning. Bottom line, she will guide you through a low impact Zumba® experience, giving you an energized, full-body workout that is a lot of fun. You can enjoy the music, dance and move with the various Latin-inspired and international rhythms and burn some calories – along your journey to a healthier you!!

If you don't want to exercise alone or want exercise disguised as a party, this might just be for you.

No dance experience necessary. Don't be afraid to try it out.

Diana has several years of Zumba® experience, five as an instructor.

“I adjust my instructions and moves to the needs of the class. Join me!!”

Attire: Comfortable clothing, smooth-soled athletic or dance shoes. Bring water, towel, and a change of clothing, if desired.

Waiver: Please inform instructor of any physical limitations or medical concerns. All participants are asked to sign a waiver indicating they are fit to participate.

Location: Mason Transit Center Atrium, 601 West Franklin St Shelton.

Day/Time: Wednesdays 5:30-6:30 PM (Come at 5 pm to register for your first class)
Classes begins September 20, 2017

Class fees: Drop in Rate \$5/class. Need based scholarships available.

On Facebook: [Active Lifestyle with Yu](#)

Questions, email instructor: zumbayu@gmail.com