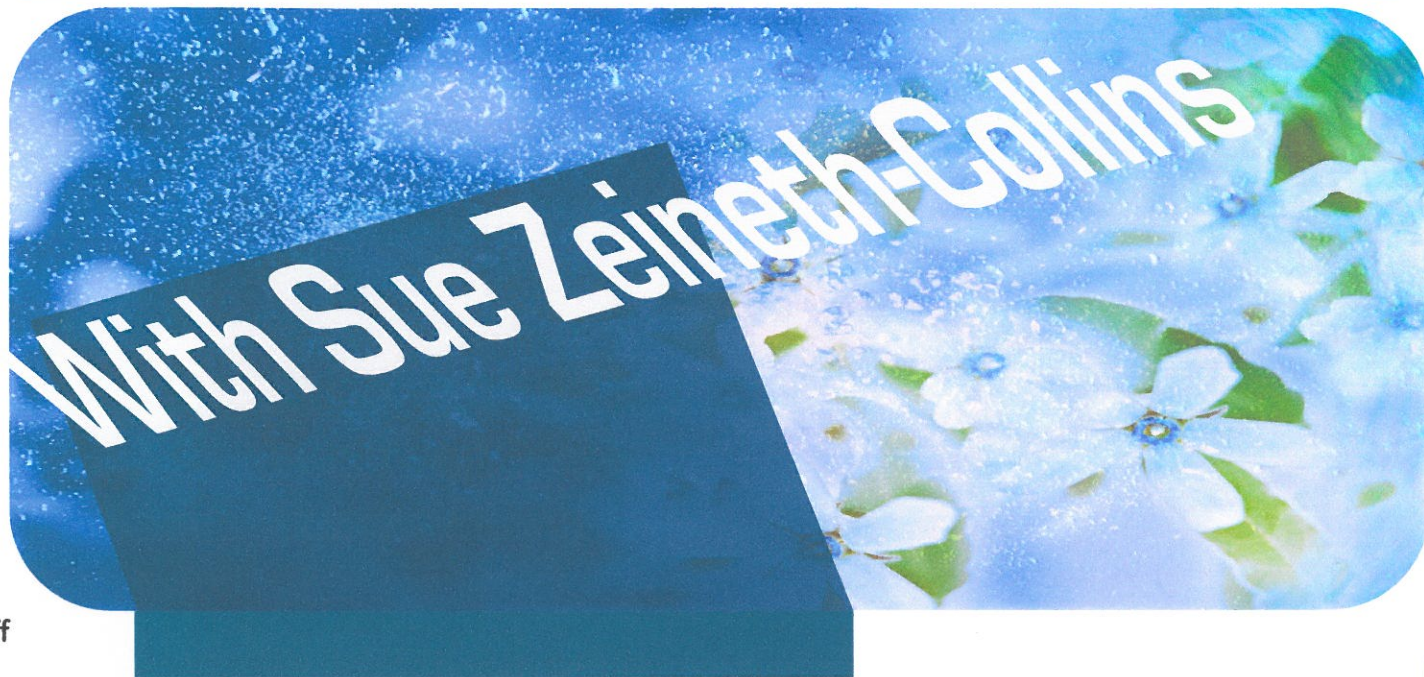


**MONTGOMERY REC
DEPARTMENT presents**

ZUMBA

Beginning: Monday November 23rd!



ff

**Monday and Wednesday
Evenings**

At St. Isadore's Parish Hall 5:30-6:30

Saturday Mornings

at the MES GYM 8:30-9:45

Winter is almost here...push your fitness to another level, hang out with others who want to have fun and get fit, and do something to make yourself happier!

Bring your willingness to try something new-the openness to burning from 500 to 1000 calories in an hour, and the desire to have FUN!!!

For more info. Call Sue at 933-4842



18-up \$5 per class*
12-17 \$3 per class**
Punch cards available-
*12 (\$40) and **12 (\$20)