



Strong by Zumba®

Kick boxing and interval training to music for
strength and toning

Instructor: Christy Hays

Wednesdays@ Whiteside

6:00-7:00 pm

\$5 per class or 8 classes for \$32

See more info and videos at

www.letszumbanow.com

Floor mat encouraged

4009 S. Pittsburg (918)746-5040