

RHYTHM & FLOW

"Move To The Music Event"

**Latin Rhythms, Zumba, Pound,
Belly Dance. (20 minutes each)**

Move, groove, and sweat in this electrifying fusion workout! Rhythm & Flow blends the hypnotic beats of Latin Rhythms or Zumba, the heart-pounding energy of POUND rockout and a bit of Belly Dancing for a finish.

This high-energy event will have you shaking, drumming, and sculpting your body—all while having a blast. Embrace the music, let your body move, burn calories, leave feeling empowered and super upbeat!

Instructors: Erin, Hannah, Tony & Cecy

December 6th

8:30 AM-10:00 AM

Studio 1

Members Free

Non-Members Day Fee

Child Watch 8:00 AM -11:00 AM



**DOOR
PRIZES**