

# Burlington Community Education Department

## FITNESS CLASSES for adults & teens

MON.

5:30pm-6:30pm Zumba Toning  
April 3 thru June 5  
Lyons Elementary School  
Instructor: Sarah Haase

WED.

5:30pm-6:30pm Zumba Toning  
6:45pm-7:30pm POUND Fitness  
April 5 thru June 7  
Lyons Elementary School  
Instructor: Sarah Haase

FREE  
Demo Classes  
on March 29th

THURS.

6:30pm-7:30pm Zumba Fitness  
Now thru June 8  
Winkler Elementary School  
Instructor: Faith Diggins

SAT.

8:30am-9:30am Zumba Fitness  
Now thru June 3  
Winkler Elementary School  
Instructor: Faith Diggins

**\$30 Punch Card = 6 classes**

**\$60 Punch Card = 12 classes**

Participants purchase a punch card directly from the instructor.

Zumba Fitness punch cards can be used on Thursday's and/or Saturday's.

Zumba Toning and POUND Fitness punch cards can be used on Monday's and/or Wednesday's.

**ZUMBA FITNESS:** Zumba combines Latin rhythms with easy-to-follow movements that are sure to make your work-out feel like more of a party! Bring a water bottle and 1, 2, or 3 pound hand weights. Questions? Email Faith at [zumbafaith@wi.rr.com](mailto:zumbafaith@wi.rr.com)

**ZUMBA TONING:** Great music & moves help get your heart pumping. Maraca-like Zumba Toning Sticks or light weight dumbbells will help you sculpt, tone, & define your muscles. Bring your Zumba Toning Sticks or 1, 2, or 3 pound hand weights. Toning sticks can be purchased through the instructor for an add'l charge. Questions? Email Sarah at [SarahSpunda75@gmail.com](mailto:SarahSpunda75@gmail.com)

**POUND FITNESS:** POUND is a full body cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. This workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Lightly weights drumsticks called Ripstix help us tone-up as we ROCK OUT! Please bring a yoga mat, towel, and water bottle. Ripstix will be provided for use during class. Questions? Email Sarah at [SarahSpunda75@gmail.com](mailto:SarahSpunda75@gmail.com)