

Girls Inc. GW

Wednesday night is for



Zumba Gold[®] 6-6:45 pm—Me & My Gal, all ages!

Perfect For - Those who are looking for a modified Zumba[®] class that recreates the original moves you love at a lower-intensity.

How It Works - Easy-to-follow Zumba[®] choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits - *Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!*

Zumba[®] 6:45-7:45pm—Adult ladies, 18+

Perfect For—Everybody, 18+ and every body! Each Zumba[®] class is designed to bring people together to sweat it out.

How It Works—We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba[®] Fitness classes are often called exercise in disguise.

Benefits - *A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!*

Super effective? Check.

Super fun? Check and check!

C'mon, grab a friend and join us for great fun! \$5 per person/class

**girls
inc.**

of Greater Waterbury

Inspiring
all girls to
be strong,
smart, and
boldSM

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