



Calling All Parents



It's Fun! It's Fitness! It's **ZUMBA!**

INTERSTATE
Gymnastics & Dance



Now offering Zumba fitness classes!

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Monday 8:00-9:00 pm

Tuesday 8:00-9:00 pm

Thursday 6:30-7:30 pm

DROP IN ANY CLASS:

\$10/CLASS (GENERAL PUBLIC)

\$8/CLASS (INTERSTATE PARENTS)

BUY A PUNCH CARD:

\$70 FOR 10 CLASSES

5 Burnham Rd. Methuen, MA 01844 978-688-8939

www.interstategymnasticsanddance.com