



A Zumba session will begin on Thursday, December 9, 2010 through Thursday, January 27, 2011 from 12:15 pm – 1 pm, located in the Lake County Administration Assembly Room.

Zumba is a Latin based aerobic exercise program, designed to motivate everyone to get active regardless of age, adhere to a fitness program, and is perfect for anyone! Zumba combines high energy and motivating music with unique moves that are simple, easy to follow combinations allowing the participant to dance and have fun!

Based on a minimum of (10) participants the cost will be \$20 per individual for all (8) classes. Final cost will be determined upon participation.

To express interest, please reply to Jackie Via, Wellness Coordinator at ext. 2748 by Thursday, December 2, 2010.

Maximum class size is (20) participants.