



590 Congress Park Dr. Centerville, Oh 45459 Phone: 937-620-1678
Info about Kira's Oasis: www.KirasOasis.com

Zumba at Kira's Oasis

MONDAYS :

ZUMBA w/Tabra

5:15 – 6:15 P.M.

TUESDAYS & THURSDAYS:

Zumba w/Tabra

6:15 – 7:15 P.M.

SATURDAYS:

Zumba w/Tabra

10:00 – 11:00 A.M.

What is Zumba Fitness?

ZUMBA is like no other workout you will ever experience! Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries & 500-700 calories. It is based on the principle that a workout should be "FUN AND EASY TO DO" in order for Zumba® participants to stick to the Zumba® fitness program to achieve long-term health benefits. Zumba® is not only great for the body, but is also great for the mind. It is a "feel-happy" work out. . .be prepared to sweat! The Oasis even offers an "early" class so you can get your workout done and get home for to enjoy your evening!!

Join Zumba classes any time and be prepared to SWEAT!!

\$10.00 per Drop-In class or 10 classes for \$60 on a "ZUMBA" punch card.

To reach Tabra Email: tabra@fit2danceohio.com

Or visit her website: www.Fit2DanceOhio.com

