



FAMILY CLASS

WHERE PARENTS & CHILDREN

Move Together

ON THE DANCE FLOOR

LOCATION

BLESSED TRINITY CES
MAPLE, ONTARIO

DATE

WEDNESDAYS AT 6pm

OCTOBER 1, 2025 – JUNE 17, 2026

DURATION

SIGN-IN AT 5:45PM

40-MIN CLASS

STARTS PROMPTLY AT 6PM – 6:40PM

PARTICIPANTS

CHILDREN AGES 6-13 WITH A PARENT

CONTACT FOR MORE DETAILS

INFO@CHRISTINARICCI.CA OR

@FUNKYZUMBA_CAN



“Funky” Christina Ricci, CGFI

ZUMBA® INSTRUCTOR LICENSED TO TEACH:

Zumba®

Zumba® Toning

Zumba® Gold

Zumba® Gold Toning

Zumba® Kids

Zumba® Kids Jr.

Aqua Zumba®



Certified Group Fitness Instructor (CGFI)
NASM | AFAA



See you on the
dance floor!





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CLASS STARTS 6:00PM

CLASS ENDS 6:40PM

MORE INFORMATION

COST OF EACH CLASS

1 CHILD + 1 PARENT = \$20

EACH ADDITIONAL CHILD IS \$10

PARTICIPATION REQUIREMENT

CHILDREN MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN. PARTICIPATING ADULTS MUST BE WITH THEIR CHILDREN FOR THE DURATION OF THE FAMILY CLASS

HOW TO PREPARE FOR THE CLASSES

1. MUST COMPLETE A WAIVER (ONE TIME, FOR OCT - JUNE).
2. MUST BE IN GOOD HEALTH (SPEAK TO YOUR DOCTOR BEFORE PARTICIPATING IN ANY FITNESS CLASSES).
3. WEAR COMFORTABLE, LIGHT, WORK-OUT CLOTHING AND CLOSED RUNNING SHOES.
4. BE PREPARED TO SWEAT. IT'S RECOMMENDED TO BRING A SMALL TOWEL TO DRY AND BOTTLE OF WATER TO HYDRATE.
6. PAYMENT MUST BE RECEIVED PRIOR TO CLASS START, CASH OR ETRANSFER TO INFO@CHRISTINARICCI.CA

OTHER IMPORTANT INFORMATION

SEND ME A NOTE TO SAVE YOUR SPACE – FIRST COME, FIRST SERVE, LIMITED CAPACITY. FOLLOW ME ON SOCIAL MEDIA, WHERE I POST CLASS DETAILS AND POTENTIAL CLASS CANCELLATIONS DUE TO SCHOOL USE, INCLEMENT WEATHER, OR IN THE EVENT OF ILLNESS.

CLASS FORMAT

THE FAMILY ZUMBA CLASS IS DESIGNED TO ENABLE PARENTS AND CHILDREN TO CONNECT...OFFLINE. IN THIS 40-MINUTES OF BONDING THROUGH DANCE AND FITNESS, YOU CAN EXPECT THE FOLLOWING STRUCTURE OF THE CLASS.

- WARM-UP (GETTING YOUR BODY READY FOR ZUMBA)
- 4 BASIC RHYTHM'S OF ZUMBA: MERENGUE, CUMBIA, SALSA, REGGAETON
- LEADERSHIP ACTIVITY WHERE KIDS HAVE THE OPPORTUNITY TO TEACH PARENTS
- A VARIETY OF OTHER RHYTHMS TO MOVE TO (SOCA/POP/ROCK/DEMBOW/AFRO/HOUSE/BACHATA/ETC.)
- YOU ARE THE STAR ACTIVITY WHERE KIDS COME UP TO THE FRONT TO TEACH ALL A PORTION OF A SONG.
- FUN WITH PROPS: LIMBO STICK, SHAKERS, ETC.
- COOL-DOWN (TAKING YOUR HEARTRATE BACK DOWN AND STRETCHES.



See you on the
dance floor!