



**STARTS OCT 1**  
**2025**



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**(416) 898-4923 | info@christinaricci.ca**

**“Funky” Christina Ricci, CGFI**

**ZUMBA® INSTRUCTOR LICENSED TO TEACH:**

Zumba®	Zumba® Kids
Zumba® Toning	Zumba® Kids Jr.
Zumba® Gold	Aqua Zumba®
Zumba® Gold Toning	



**Certified Group Fitness Instructor (CGFI)**  
**NASM | AFAA**

#### WHERE

**BLESSED TRINITY CES**  
**MAPLE, ONTARIO**

#### WHEN

**WEDNESDAYS AT 7pm**  
**OCT 1, 2025 – JUNE 17, 2026**

#### HOW LONG

**SIGN-IN AT 6:50PM**  
**55-MIN CLASS**  
**STARTS PROMPTLY AT 7PM**

#### COST OPTIONS

**\$20 / CLASS**  
**\$75 / 5-CLASS PASS**  
**(\$15/class) 2-month expiry**  
**NEW**  
**\$130 / 10-CLASS PASS**  
**(\$13/class) 3-month expiry**

#### PAYMENT

**Exact cash up-front or**  
**e-Transfer**

## ADULTS ONLY CLASSES

**Here's what you might need to participate:**

- *Someone to Watch the Kids* (this is “me” time)
- *Complete & Submit a Waiver* (required for all)
- *Register for Class* (let me know you're coming)
- *Meet at the Gym by 6:50pm* (class starts at 7pm)  
\*Class ends by 7:55pm and we must exit the school Z they kick us out at 8pm
- *Work-Out Clothes* (jeans won't work here)
- *Indoor Running Shoes* (your feet will thank you)
- *A small Towel* (you will sweat)
- *Lots of Fluid* (to keep you hydrated)
- *Energy & Smiles* (positive vibes only)

#### PLEASE READ — IMPORTANT HEALTH INFORMATION

If you have any underlying health conditions and/or physical injuries, please talk with your doctor prior to engaging in any physical fitness program to ensure it's right for you. Try to follow along as best you can, move at your own pace and ability. Keep moving, stay hydrate, have fun and enjoy the party. Remember the importance of participating in the warm-up and cool-down.