

AFTER WORK

ZUMBA PARTY!

MOVE. SWEAT. SMILE. REPEAT.



4:00 PM
30-MINUTE
WORKOUT



TUESDAY
THURSDAY
FRIDAY



AT THE
GYM



STAFF & FRIENDS WELCOME!

Invite a friend & bring the vibes!



GREAT MUSIC
HIGH ENERGY



BURN STRESS
BOOST ENERGY



HAVE FUN
FEEL AMAZING

YOU DESERVE 30 MINUTES FOR YOU.

COME MOVE, LAUGH, AND LEAVE FEELING STRONGER THAN EVER!



FINE PRINT:
WAIVER MUST BE SIGNED PRIOR TO PARTICIPATION.