

Body-  
energizing!



Calorie-  
burning!

Awe-inspiring!

All ages!



Come join one of the fastest growing dance fitness crazes! Zumba combines Latin rhythms with cardiovascular exercise to create amazing aerobics routines. Zumba (Spanish for “move fast and have fun”) is a fitness program that will ...

**BLOW YOU AWAY!**

Classes begin June 30 and run through August, at a special introductory rate: 10 classes for \$50. Certified instructor Cathy Leach.

**Mornings:** Wednesdays, Thursdays, Fridays at 8:15 a.m. and 9:15 a.m.

**Evenings:** Thursdays 7:00 p.m./Fridays 6:00 p.m.

“DITCH THE WORKOUT - JOIN THE PARTY!”



**Virginia Regional Ballet Academy**

1228 Richmond Road  
(Williamsburg Shopping Center)

757.229.2553 • [www.danceVRB.com](http://www.danceVRB.com)