



is...

- a dynamic, exciting and effective dance- fitness system.
- fun and easy to do.
- Latin-inspired music and easy-to-follow steps.
- a “feel happy” workout that tones and sculpts the body.
- caloric-burning with intermittent cardio-aerobic moves.
- FOR EVERYONE- all ages, fitness level or background. No experience needed.
- more like a party than a workout!

About the instructor....

Deb French is a certified Zumba instructor, who has been dancing most of her life. She has a minor in dance from SUNY Geneseo and an MA in dance from SUNY Brockport. She has studied Modern Dance, Jazz, Ballet, African, Flamenco, Latin and various folk dance styles. She has taught fitness and aerobics classes, teaches at the Valley School of Dance and is the SUNY Geneseo dance faculty.

Winter 2018 January, February & March

Zumba Fitness Classes (beginning Jan. 23)

Tuesdays, 6:40-7:40 pm (no class on Feb.21) Zumba plus Toning

Thursdays, 6:00-7:00 pm (no class on Feb. 23) Zumba

March: No classes on March 6, 13,15

Fees:

10 class card... \$80 20 class card...\$160 Walk in fee... \$10

SUNY Geneseo students 20% discount + Purchase class cards at class. + Note: Please bring your class card to every class to be marked.

Check website for class cancellations and updates!!!!

Class Location: Valley School of Dance, 63 Main St, Geneseo 585-243-5240

www.danceandyoga.com

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