



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 on the SUNY Geneseo dance faculty.

Winter/Spring 2020: February - April

Zumba Fitness Classes

Tuesdays, 6:30-7:30 pm Zumba (plus Toning)

Thursdays, 6:00-7:00 pm

***** No Classes Feb. 25th and 27th and March 17th and March 19th**

******Check the website for changes, cancellations, and updates!! ******

Fees:

10 class card... \$80 5 class Card ...\$40 Walk in fee... \$10

SUNY Geneseo students 20% discount + Purchase class cards in class.

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

www.danceandyoga.com

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or contact Deb French deddance13@gmail.com