



Ditch the workout,

Join the party!



Join the millions of people that have decided that having fun and working out are not mutually exclusive. Join those who'd rather have a blast. Join the party!

## Palmyra Community Center's ZUMBA® Fitness

### Class Schedule's

Come join Mary Ann & Mark Novosel, the PCC's certified ZUMBA® fitness instructors

**Monday's: Zumba Toning 5:45pm – 6:45pm @ The PCC. Cost: \$5.00/Class. Walk-Ins Welcome!**

**Tuesday's: Zumba Fitness 5:45pm – 6:45pm @ The Palmyra Town Hall located on Route 21 South just outside the Village of Palmyra on the east side of the road. Cost: \$5.00/Class. Walk-Ins Welcome!**

**Wednesday's: Zumba Fitness 5:45pm – 6:45pm @ The Palmyra Town Hall. Cost: \$5.00/Class. Walk-Ins Welcome!**

**Thursday's: Zumba Toning 5:45pm – 6:45pm @ The PCC. Cost: \$5.00/Class. Walk-Ins Welcome!**

**Saturday's: Zumba Gold 8:30am – 9:00am @ The Palmyra Town Hall. \$2.00/Class and FREE to Silver Sneakers Members. **Zumba Gold is a program for the active older adults.****

**Saturday's: 9:15am – 10:15am @ The Palmyra Town Hall. Cost: \$5.00/Class. Walk-Ins Welcome!**

**What is ZUMBA?** The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA®!

**For more information and registration forms contact the PCC @ 597-5501 or stop by at 424 Stafford Street in the Village of Palmyra.**

**Palmyra Town Hall: 1180 Canandaigua Road (Route 21 South) just outside the Village of Palmyra on the east side of the road.**