

ZUMBA TIME

Mondays

6 to 7 p.m.

Wednesdays

(New morning class)

**9 to 10 a.m.*

6 to 7 p.m.

Saturdays

9 to 10 a.m.

\$20 punch card/

10 sessions

\$5 per session

WALK-INS

WELCOME!

*No experience necessary!
Just bring proper fitness
attire, water and smile.*

Glass Recreation Center

Hours of operation

Open

7 a.m. to 10 p.m.

Mondays through Fridays

and

9 a.m. to 3 p.m.

on Saturdays

Closed Sundays

**For more class information,
please check our website at
www.tylerparksandrec.com or
call (903) 595-7271.**

Tyler Parks and Recreation's Glass Recreation Center



**501 W. 32nd Street
Tyler, TX 75702
(903) 595-7271**



Fitness Benefits

- Great Core workout;
- Leaves a person with a "feel good Sensation";
- Helps reshape your entire body;
- Gets your heart rate up without the realization that you are exercising;
- Helps to lose weight; and
- Great interval training.

ZUMBA

Zumba uses easy to follow Latin dance steps coupled with great music to create a truly fun and party-like atmosphere. Zumba is a fantastic core workout; it uses moves during the workout that target the abs and back to increase agility and strength. Zumba is a great fat burning fitness program that combines rhythms and resistance training to tone and sculpt your body. It has been estimated that between 600-1000 calories are burned in a one-hour workout. Zumba also provides for great interval training both aerobic and anaerobic levels according to each individual heart rate.

Ditch the workout, join the party!



Instructor: *Martin Josue Perez*

Please come help us welcome our new Zumba instructor:

Je'Nae Lacey

REGISTRATION

NAME: _____

ADDRESS: _____

CITY: _____ STATE: ___ ZIP: _____

TELEPHONE: _____

CELL PHONE _____

EMAIL: _____

If registering for Wednesday morning class please check box below:

Wednesday, 9 to 10 a.m. class

Waiver

In consideration of being allowed to be a participant in this activity, I do hereby waive, release and discharge the City of Tyler, their employees, representatives and executors from any responsibilities/liability for injuries resulting and from my participation.

Signature

Date