

ZUMBA TIME

Mondays

7:30 - 8:30 p.m.

Wednesdays

6:30 - 7:30 p.m.

Saturdays

9-10 a.m.

*\$20 punch card/
10 sessions*

\$5 per session

\$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-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;
- You get your heart rate up without even realizing 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 work-out; 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

REGISTRATION

NAME: _____

ADDRESS: _____

CITY: _____ STATE: ___ ZIP: _____

TELEPHONE: _____

CELL PHONE _____

EMAIL: _____

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