



**ZUMBATONING:** It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to tone all their target zones, including arms, abs, glutes and thighs.

The NEW and exciting Zumbatoning program is designed to offer the participant a safe, yet effective total body toning workout!

## **Zumbatoning will start on July 12th**

**Tuesday & Thursday**  
**Time: 9:30am-10:30am**  
**4 week sessions**  
**\$20.00 residents**  
**\$30.00 non-residents**

**Walk-in fee: \$6.00 residents**  
**Walk-in fee: \$8.00 non-residents**

**Wednesday Nights**  
**Time: 7:00pm- 8:00pm**  
**8 week session**  
**\$35.00 residents**  
**\$45.00 non-residents**

**Walk-in fee: \$6.00 residents**  
**Walk-in fee: \$8.00 non-residents**

**Ages : 16 years old & up**

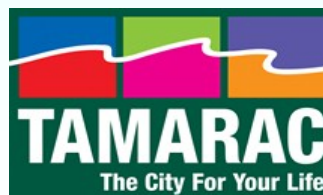
**All classes held at  
Tamarac Park  
7501 N. University Drive**



**Instructor: Sonia Longo**



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**It Starts  
in Parks<sup>SM</sup>**

For more information contact 954-597-3674