

# ZUMBA® FITNESS CLASSES AT KERR MCGEE COMMUNITY CENTER

Online schedule at [www.ci.ridgecrest.ca.us/adult.aspx](http://www.ci.ridgecrest.ca.us/adult.aspx)

**CLASSES OFFERED MORNINGS AND EVENINGS-** all classes are approximately 60 minutes long

**ZUMBA® Fitness-**All fitness levels

Monday / Wednesday / Friday 9:30-10:30 a.m.

Monday 6:40-7:40 p.m. Tuesday / Thursday 5:35-6:35 p.m.

Cost: \$5.00 for a single class, \$35.00 for a 10 class punch card

**ZUMBA® Basics-**Learn the basic ZUMBA® steps-class held when scheduling permits-see monthly schedule

Cost: \$5.00 or a punch on your previously purchased ZUMBA® punch card

**ZUMBA® Toning-**these classes run on a session basis. No Drop In.

Cost: 2 classes per week-\$40.00 for a 4 week session (8 classes)

3 classes per week-\$60.00 for a 4 week session (2 classes for free)

4 Week Sessions for the Summer-We will return to 6 week sessions in the fall

Session 3-June 6<sup>th</sup> through June 30<sup>th</sup>

Session 4-July 18<sup>th</sup> through August 11<sup>th</sup>

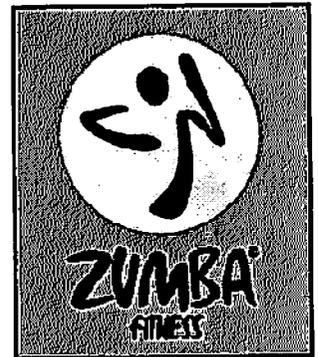
**NEW FOR THE SUMMER..... AQUA ZUMBA®!** Held on Saturdays at the Pinney Pool

Cost: \$5.00 per class or free with a Pool pass, Silver pass, or Gold pass.

\*\*\*\*\*Punch cards are not accepted for Aqua ZUMBA® classes\*\*\*\*\*

Have questions? Call me! Jennifer Mangrum, LICENSED INSTRUCTOR (757) 646-5362

**Attention: Please do not bring your children to class unless they are a paid participant. The Kerr McGee Center does not provide childcare.**



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	JUNE 26	JUNE 27	JUNE 28	JUNE 29	JUNE 30	JULY 1	JULY 2
		9:30 a.m. ZUMBA am class outside 5:30 p.m. Toning 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA am class outside 6:30 p.m. Basics	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	JULY 3	JULY 4	JULY 5	JULY 6	JULY 7	JULY 8	JULY 9
		NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	NO CLASS- I AM AT THE ZUMBA CONVENTION!!!
	JULY 10	JULY 11	JULY 12	JULY 13	JULY 14	JULY 15	JULY 16
		NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	5:35 p.m. ZUMBA (Lisa/Stacie)	NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	5:35 p.m. ZUMBA (Lisa/Stacie)	NO CLASSES- I AM AT THE ZUMBA CONVENTION!!!	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	JULY 17	JULY 18	JULY 19	JULY 20	JULY 21	JULY 22	JULY 23
		9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA am class outside FLEX FRIDAY	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	JULY 24	JULY 25	JULY 26	JULY 27	JULY 28	JULY 29	JULY 30
		9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	No Classes	9:30 a.m. ZUMBA 6:30 p.m. Basics	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.
	JULY 31	AUGUST 1	AUG 2	AUG 3	AUG 4	AUG 5	AUG 6
		9:30 a.m. ZUMBA 5:30 p.m. Toning 6:40 p.m. ZUMBA	No Classes	9:30 a.m. ZUMBA	5:35 p.m. ZUMBA 6:50 p.m. Toning	9:30 a.m. ZUMBA FLEX FRIDAY	AQUA ZUMBA AT THE PINNEY POOL 8:45-9:45 a.m.

July/partial August 2011