



FIREHOUSE COMMUNITY ARTS CENTER

“MOVEMENT MONDAYS” with ZUMBA® @ 6:30 pm



ZUMBA® with Michelle Norman

Hi! I am Michelle "Stormin" Norman and I can personally attest to the weight-loss success and increase of energy and physical endurance. Zumba is a great way to work it off without even realizing it is a complete and total body make-over, all while dancing and having fun. You don't even have to be a great dancer! So, come on and catch the Zumba wave and watch the pounds melt away to the Latin rhythm beats. My motto is: "You have to move it, to lose it."

What is Zumba? Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! 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 cardiovascular functioning.

\$5/session ♦ \$20/ 4 sessions ♦ \$30/ 8 sessions

985 South Bellevue ♦ 901-948-9522



Celebrating & Nurturing the Arts & Black Heritage Since 1982

985 South Bellevue Boulevard/Elvis Presley ☼ P.O. Box 40854 ☼ Memphis, TN 38174-0854
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