

**ZUMBA FITNESS
at the YWCA**

211 Lake Street Elmira, NY

Want to get healthier? Want to have FUN while toning & strengthening your body? Want to increase your endurance and boost your metabolism?

What are you waiting for- join then party with **ZUMBA** fitness at the YWCA!
The YWCA is the only facility in our area that offers **Aqua Zumba!**

YWCA Fall ZUMBA FITNESS Schedule :

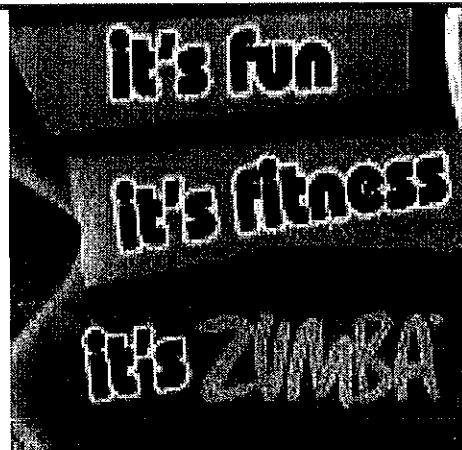
- Mondays 4:30-5:30 ZUMBA**
Tuesdays 5:15-6:15 Aqua Weights & Aqua Zumba
Wednesdays 6:30-7:30 **ZUMBA**
Thursdays 5:15-6:15 Aqua Weights & Aqua Zumba
Saturdays
9:00- 9:30 Lil' Starz Zumbatomics
9:45-10:30 Big Starz Zumbatomics
10:30-11:30 **ZUMBA**

If you like inspiring music, easy to follow dance steps, and having a good time- this is the fitness fashion for you. It is the most fun you'll have getting healthy. **Zumba** fitness workouts are so fun you can't help but smile.



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AT THE YWCA**

So FUN it's
exercise in disguise!



FOR MORE DETAILS:

Call the YWCA at 607-733-5575
or contact Certified Zumba
Instructor, Jessica Janowsky
by email:
jessicajanowsky@yahoo.com

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AT THE YWCA**

**ZUMBA FITNESS
ZUMBATOMIC
AQUA-ZUMBA**



Join the party with
Certified Zumba Instructor

JESSICA JANOWSKY

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