

# " ZUMBA IN MOTION "



with  
**Robert**



*American Council on Exercise*

**Richmond's YMCA**, 2023 Chester Blvd. Richmond, IN 47374

Day: Wednesday's (First class 11/30/11, is a \$3 special)

Regular Time: 5:45 pm

## **Zumba®**

Zumba® combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries of 600-1000 calories!

**Zumba® with Robert Chandler**, is all that plus! Be prepared to sweat, drink lots of water, and have fun! You'll leave feeling better, happier and more energized overall. Zumba is a "feel good" workout! I do 95% of my own choreography: Reggae, Reggaeton, Salsa, Samba, Cha-Cha, Merengue, Cumbia, Belly Dance, and more!

**Come Join the Party!!!**



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