



Brought to you by:



# November 2011

Class Locations: **CDA**—2401 Veterans in Kenner  
**RESOD**—3333 Kingman in Metairie  
**HHSD**—4631 W. Napoleon at Clearview in Metairie  
**St.Martin's**-2216 Metairie Road in Metairie

T—Zumba Toning  
 ZA-Zumbatomic-Kids  
 ZG—Zumba Gold Toning  
 CDA—at CDA Dance Center  
 RE-at Rhonda Edmundson's School of Dance  
 St. M—at St. Martin's Church  
 HH-at Helena Hosch School of Dance returning Jan. 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Thankful for Zumba!</b>		1 9:00AM Charlene (St.M) 5:30 PM Tish CDA 7:00 PM Noelle ST. M. 7:00 PM Erin RE 8:00 PM T Charlene CDA	2 9:00 am Charlene CDA 4:30 PM Elizabeth CDA 5:30 PM Tish CDA 6:30 PM Terry CDA	3 9:00AM Charlene (St.M) 5:30 PM Lisa (St.M) *no gold toning tonight 6:15pmT Kelly (CDA) 7:30 PM Noelle RE	4 9:00AM Terry CDA 5:45PM Elizabeth CDA	5 *Diabetes Walk
6 9:30 AM Kelly CDA 5:30 PM Erin CDA	7 9:00 am Charlene CDA 4:30 PM Elizabeth CDA 5:30 PM Jessica CDA 7:30 PM Tina CDA	8 9:00AM Charlene (St.M) 5:30 PM Tish CDA 7:00 PM Erin ST. M. 7:00 PM Noelle RE 8:00 PM T Charlene CDA	9 9:00 am Charlene CDA 4:30 pm TBA 5:30 PM Tish CDA 6:30 PM Kelly CDA	10 9:00AM Charlene (St.M) 5:30 PM Lisa (St.M) 5:30pm GT Charlene CDA 6:15pmT Charlene (CDA) 7:30 PM Erin RE	11 9:00AM Terry CDA 5:45PM Kelly CDA	12 10:00AM Noelle (St.M) 10:00AM Tina CDA
13 9:30 AM Kelly CDA 5:30 PM Noelle CDA	14 9:00 am Charlene CDA 4:30 PM Elizabeth CDA 5:30 PM Jessica CDA 7:30 PM Tina CDA	15 9:00AM Charlene (St.M) 5:30 PM Tish CDA 7:00 PM Noelle ST. M. 7:00 PM Elizabeth RE 8:00 PM T Charlene CDA	16 9:00 am Charlene CDA 4:30 pm Jessica CDA 5:30 PM Tish CDA 6:30 PM Kelly CDA	17 9:00AM Charlene (St.M) 5:30 PM Lisa (St.M) 5:30pm GT Charlene CDA 6:15pmT Kelly (CDA) 7:30 PM Erin RE	18 9:00 am Charlene CDA 5:45PM Elizabeth CDA	19 10:00AM Erin (St.M) 10:00AM Tina CDA
20 9:30 AM Kelly CDA 5:30 PM Elizabeth CDA	21 9:00 am Kelly CDA 4:30 PM Elizabeth CDA 5:30 PM Jessica CDA 7:30 PM Tina CDA	22 9:00AM Charlene (St.M) 5:30 PM Tish CDA 6:30 PM T Charlene CDA *note holiday week time changes	23 9:00 am Kelly CDA 6:30PM Terry *note holiday week time changes	24 Jump start your metabolism! 9:00 am Charlene CDA <b>Thanksgiving</b>	25 Burn off the feast! 9:00AM Terry CDA 5:45PM Kelly CDA	26 10:00AM Noelle (St.M) 10:00AM Tina CDA
27 9:30 AM Kelly CDA 5:30 PM Erin CDA	28 9:00am Charlene CDA 4:30 PM Elizabeth CDA 5:30 PM Tina CDA <b>Who Dat?!</b> Saints vs. Giants	29 9:00AM Charlene (St.M) 5:30 PM Tish CDA 7:00 PM Erin ST. M. 7:00 PM Noelle RE 8:00 PM T Charlene CDA	30 9:00amCharlene CDA 4:30 pm Noelle CDA 5:30 PM Tish CDA 6:30 PM Kelly CDA	<b>Try your first class free!</b>		

**One time enrollment fee \$15. Unlimited monthly classes \$35 per month through auto pay, or a 10 class punch card for \$65 or 20 class card for \$105**

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