

## ***CDA Zumba classes now at 3 locations!***

*2401 Veterans in Kenner between Williams and Roosevelt (CDA)  
3333 Kingman in Metairie near Payless and Sports Authority (RESOD)  
4631 W. Napoleon in Metairie-by the Napoleon Room at Clearview and  
West Napoleon (HHSD)*



Zumba fuses hypnotic musical rhythms and dynamic moves to create a workout system to be  
**FUN and EASY TO DO!**

**Try your first class free!**

One time enrollment fee \$15. *Unlimited monthly classes \$33 per month through auto pay, a 10 class punch card for \$60 or our **introductory special good until September 30th: Three months unlimited classes for \$79.***

Zumba is for everyone. Take it at your own pace, never stop moving and watch your fitness level soar. You'll find the more you take Zumba classes the more comfortable you will get with the moves and the easier and more fun it will become. Show up ready to have a blast and burn serious calories. Wear comfortable work out attire. Wear a shoe that has good cushion support, medial-lateral support (for side to side movements) and low-traction rubber (a smooth bottom for easy sliding and turning).

*For more information call Charlene at 466-5856 or email [cdazumba@gmail.com](mailto:cdazumba@gmail.com)*

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