



Zuummbaaa!!!

Spouses Come and Catch the "Z"

Friday, October 21

10:40-11:40am

Hyatt Regency Reston, VA

Grand Ballroom section F and G

45 minutes with an instructor who will:

*Tell the spouses the history of Zumba

*Stretch us out.

*Slowly take the group through a few moves

*Work up to one of the slower dances

Come get the moves and have some great fun!

Sculpt your body
Fuel your life