



# Art In Motion Reno LLC

129 Los Altos Parkway, Ste. 111

Register Today 775-626-6235!



## Free Zumba Class

May 17, 2012

7-8 p.m.

Workout while mixing Latin dance moves with aerobic steps. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. You do not have to know how to dance to Zumba! Appropriate fitness clothes required. Sign up for June, only \$20 per month or \$10 drop-in!

***Please pre-register by calling 775-626-6235.  
Class limited to 20 participants.***