



farmingtonzumba.com

Fitness World (on East Piñon Hills Blvd behind Dickey's BBQ)
3701 E. Messina Dr. (505) 436-2167

Monday 6pm-7pm
Tuesday 6pm-7pm
Wednesday 6pm-7pm
Thursday 6pm-7pm
Saturday 9am-10am

Cost is \$5 per class

Monthly memberships available for classes only or full gym access
(best value is membership and attend all classes for less than \$2 each)

Information (505) 215-2989
Shirley Maness

It's fun, it's easy, it's different, it's effective!

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. Add some Latin Flavor and International zest into the mix and you've got ZUMBA!

Ditch the workout,
Join the party!



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