



Get Moving and
Have Fun at ZUMBA
With My Health
Matters!



ZUMBA



Days	Location	Time
Monday	ARMC—Oak Room	5:15-6:00PM
Tuesday	Arrowhead Event Center	5:15-6:15PM
Wednesday	Arrowhead Event Center	5:15-6:15PM
Thursday	Arrowhead Event Center	5:15-6:15PM



As an added incentive, employees can earn a set of Zumba Toning Sticks by attending four (4) Zumba classes between 10/6/2014 and 11/3/2014 while supplies last—first come, first serve!!!

Classes are free for all employees. For class details, visit the events calendar at:

<https://www.healthycommunity.ca/sbhr/Employee/>

