



**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 3/9/2015 and 4/2/2015 while supplies last—first come, first serve\*!!!**

\*Incentive is only for those who have not previously earned a set of toning sticks.

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

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

