Zumba®

Fall 2017 – Session II (October 12th – December 7th)

Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is $20.00 for 1 day/week (choose one) or $40.00 for 2 days/week (Tues/Thurs). The Public rate that all applies to all other individuals is $40.00/$80.00 for 1 or 2 days/week.

**NOTE:** SPACE IS LIMITED!! Please fill out the SIRA Fitness Online Registration Form in order to register for this program - [http://www.southwestern.edu/offices/sira/fitness/onlinereg.php](http://www.southwestern.edu/offices/sira/fitness/onlinereg.php). Participants may pay for class on-line (with a Pirate Card) or pay via check (make checks payable to “Southwestern University”) to the SIRA Office (CJR215) or via campus mail.

**Session Schedules and Format**

- **Tuesdays 5:30-6:20pm and Thursdays 4:15-5:05pm in the CJR Aerobics Room.**
- **Note:** No class will be offered on Tuesday, 11/21 or Thursday, 11/23 due to the Thanksgiving Holiday.

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

No prior Zumba® experience is necessary. Comfortable tennis/fitness shoes are recommended.

**Instructor Qualifications**

There are two different instructors for SIRA Zumba. Kelly Sanford has significant dance experience, in addition to Zumba Fitness and American Red Cross certifications. Meanwhile, Luz Mendoza teaches a variety of different fitness classes and is also certified by the American Red Cross and Zumba Fitness®.

**More information(?)** Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu