



# Zumba®

Spring 2012 Session II (March 20<sup>th</sup> – April 27<sup>th</sup>)

## Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is \$15.00 for 1 day/week (choose one day), \$30.00 for 2 days/week (e.g. Tues/Fri or Sun/Tues), and \$40.00 for 3 days/week (e.g. Wed/Fri/Sun). The Public rate that all applies to all other individuals is \$30.00/\$60.00/\$80.00 for 1-3 days/week.

**NOTE:** SPACE IS LIMITED!! Please fill out a SIRA Fitness Registration Form in order to register for this program. Reg forms can be found on-line at - <http://www.southwestern.edu/offices/sira/fitness>. Participants may also pay for class on-line (with a Pirate Card) or turn in the appropriate fee (make checks payable to “Southwestern University”) to Derek Timourian in CJR 215/222.

## Session Schedules and Format

*- Sunday 6:00 - 6:50pm & Wednesday 8:00 - 8:50pm in the Aerobics Room  
and/or Tuesday & Friday 12:15 - 1:00pm in the Walzel Gym.*

***Note: No class will be held on Good Friday (April 6<sup>th</sup>) since this is a University 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

SIRA has two instructors currently teaching Zumba classes... Taryn Stafford and Anna Wells both have extensive background in many types of dance (e.g. ballet, jazz and lyrical) and both are certified by the American Red Cross and Zumba Fitness®.

More information(?) Contact Derek Timourian at 863-1665 or [timourid@southwestern.edu](mailto:timourid@southwestern.edu)