



Zumba Dance Party

Are you looking for a fun way to fit 30–60 minutes of physical activity into your day? Why not dance your way to fitness. Join Winnipeg *in motion* and certified Zumba instructor Lana Maidment as we combine Latin music and a dynamic cardio workout to create Zumba - a fitness party like no other!

Lana will be on hand to teach you the Zumba basics. Be sure to wear comfortable clothing and footwear if you want to get up and join in, or come out and watch.

The session will be held on Friday, September 18, 2009 from 12:10–12:50 p.m. in the Carol Shields Auditorium, 2nd floor at the Millennium Library. Admission is free and registration is NOT required.

For more information, contact Winnipeg *in motion* at 940-3648 or visit winnipeginmotion.ca.



When: Friday, Sept 18, 2009
12:10 pm to 12:50 pm

Where: Millennium Library
Carol Shields Auditorium

