

ZUMBA® FITNESS



Christine Bartolotta,
Certified Zumba Instructor.

Christine is a licensed Zumba instructor and is completing her re-certification in Pilates. She holds a BA from SUNY Oswego in Elementary Education and English and a Masters degree from The University of Rochester, Warner Graduate School in educational leadership and administration. Currently, Christine is an eighth grade English Language Arts teacher in the Cato-Meridian School District. She is also a certified Wedding Coordinator and Decorator.

Dance and fitness has been a passion for Christine throughout her life, and she is thrilled to bring Zumba Fitness to The Center! Christine's high energy and passion for dance and fitness is a perfect combination for Zumba.

"Let's face it, working out can be healthy, rewarding and beneficial, but rarely has it been known to be an exhilarating experience...UNTIL NOW! Anyone can Zumba, so you don't even have to know how to dance! Just move your body and follow my lead, it's as simply as that! So, Ditch the work out and join the party! I guarantee you will love it!"

~Christine

The Zumba® program fuses hypnotic Latin rhythms with easy-to-follow moves for a one-of-a-kind fitness program that is FUN, burns 1000 calories per hour, body-energizing, and exciting!

The philosophy is simple: We want you to want to work out, to love working out, and to get hooked!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Come in and discover for yourself the amazing benefits of Zumba!

OFFERED

MONDAY'S
6:15 - 7:15 pm

THURSDAY'S
6:00 - 7:00 pm

\$8.00 per class when purchased in Cycles

Drop Ins Welcome \$10.00 per class
Pro-rating available

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www.TheCenter4Wellness.com



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