

ZUMBA® FITNESS



Carmen Rehor,
Certified Zumba Instructor.

Carmen's love and passion for *Zumba instruction* is reflected in her varied certifications. She is certified in traditional *Zumba*, *Zumba Gold*, *Aqua Zumba* and *Zumba Atomic* for children. Currently she is working on her certification for *Zumba Toning* which combines classic *Zumba* with the use of weights for building strength and toning the body.

Music and movement has been a part of Carmen's life since she was very young, she recalls spending hours watching music videos of *Madonna* and *Michael Jackson*, excitedly learning all the various rhythms and moves. Her natural abilities in these skills, combined with her high energy and love of people make her an exceptional instructor!

When not fired up and teaching Zumba you will find Carmen working as a Spanish interpreter, riding horses and of course enjoying family time with her husband Robert and two beautiful daughters, Krista and Fiona.

Carmen invites you to "join the party" and experience for yourself all the benefits of *Zumba*!

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!

Class Schedule

MONDAY'S

6:15- 7:15 pm

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

**To Register Contact The Center @ 704-0319 Or Online at
www.TheCenter4Wellness.com**