



ZUMBA®

FITNESS

Amy Mahunik,
Certified Zumba Instructor.

Amy is a certified Zumba instructor. She holds a BS in Elementary Education and a Masters degree in Literacy (Grades K-12), both from SUNY Cortland. She is a third grade teacher at Seward Elementary School in Auburn.

Exercise has always been a mainstay in Amy's life, but Zumba has made it significantly more fun. It is no longer the exercise she feels obligated to do, but the exercise that she looks forward to and LOVES to do! She is very excited to bring her love of Zumba fitness to The Center.

"My goal is to fuse the health benefits of exercise with the fun and excitement that Zumba offers."

Zumba provides exercise to all levels of abilities and ages by fusing hypnotic Latin rhythms and easy-to-follow moves. It is a one-of-a-kind fitness program that will make you want to come back for more!

The Zumba® program fuses hypnotic Latin rhythms with easy-to-follow moves for a one-of-a-kind fitness program that is FUN, Burn 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

WEDNESDAY'S

4:15 - 5:15 pm

And

6:45 - 7:45 pm

Drop Ins Welcome

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