

Group Fitness

with

Lynnette Brown

TUESDAYS 5:30—6:30 pm

August 2nd—September 6th, 2016

September 13th—October 18th

October 25th—November 29th

VFW RECREATION CENTER 1420 S ROCKWELL AVE

SIX WEEK SESSION—\$42

PAY PER CLASS—\$9

TO REGISTER:

CALL THE REC. DEPT. AT 920-674-7720 or EMAIL: mary@jeffersonwis.com

HOW TO REGISTER

Call the Jefferson Recreation Department at 920-674-7720 or send an email to mary@jeffersonwis.com with your name and contact information. Then drop off or mail your payment to City Hall, located at 317 South Main Street, Jefferson, WI 53539.

NOTE

The fee must be paid to the Recreation Department prior to the start of the session.

POUND
ROCKOUT. WORKOUT.

Group Fitness with Lynnette Brown” featuring multiple types of Zumba Fitness Specialties, POUND Fit, hula hooping, and boot camp-like strength training for all ages and athletic abilities. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you are getting fit and energy levels are soaring! It’s easy to do effective and totally exhilarating.

POUND® IS THE WORLD’S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS.

More information on equipment needed and for purchasing Pound Ripstix and Zumba Toning Sticks will be available at the first class of the session. Hula Hoops will be provided.

