



Say YES to Life



Monday and Thursday

7 - 8 PM



Ditch the workout

- Make it fun and sweat it out to great music, fun to-learn dance moves and friendly instructors in a no-pressure environment.!
- Wear comfy workout clothes.
- We have restroom facilities and drinking water available.
- Bring friends & family!
- Class is only \$3/person.



DATE/TIME
 MONDAY FROM 7—8 PM (ZUMBA)
 THURSDAY FROM 7—8 PM (ZUMBA/TONNING/SENTAO)

LOCATION
 24671 VIA IGLESIA
 ALISO VIEJO, CA 92656

CONTACT
 SANDRA LEONE
 COMMUNITY OUTREACH SPECIALIST
 949-716-2230