

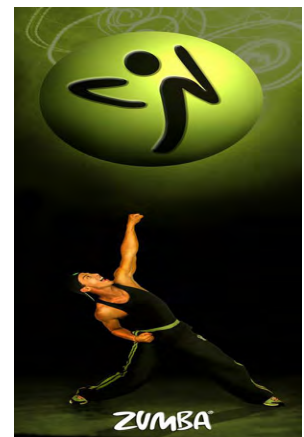


SRSRC and **Fit-X San Diego** present:

ZUMBA

**Tuesdays and
Wednesdays**

7:30am—8:15am
Join Ruth Burr



Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. 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 ZUMBA .



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and click on the Scripps Ranch logo.

Contact your Fit-X San Diego fitness coordinator
Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"