

Zumba Dynamix

Saturdays, 12 pm—1:30 pm
BEGINS AGAIN IN SEPTEMBER 12th

A Breakdown Class With Monique

Monique was featured in **GROOVE**
(Sony Pictures Classics) and **DISCO ABS**,
Cheryl Burke's (Dancing With The Stars) workout DVD series



Sweat with a full cardio workout !
(this is not a "slow" class,
but more of an enhanced Zumba class)
Tone your ABS!

Two songs will be dedicated
to an 8—10 minute abs workout

Fees:

Members..... \$20 (4 week session)
Drop In Anytime: \$6.00

Non- members.....\$25 (4 week session)
Drop In Anytime: \$8.00

Mission Valley YMCA
5505 Friars Road, San Diego

MISSION VALLEY YMCA
IT'S FOR EVERYBODY 
We build strong kids, strong families, strong communities.