



Ramsey
Parks &
Recreation
Presents:

Zumba



Join the party and get fit with Zumba™!

Zumba™ is a dance group-fitness class that is fun, energetic, and effective. You will dance to great music while having fun and doing something good for your health. This class features interval aerobic training and exercises to sculpt and tone your body as you dance.

Classes are led by Logan Thompson, licensed Zumba™ instructor. He is ready to get these classes started, and has been teaching Zumba for a year all across the Twin Cities area. Come join Logan in this fun, up-beat class!

Prepare for class:

- Wear athletic clothing you can move in
- Wear athletic shoes with a non-marking sole
- Bring water, drinking fountains are available

Registration: Walk-ins are accepted, but registration is preferred. The fee is \$5 per class

Location:

Northside Gymnasium
Ramsey Elementary School
15000 Nowthen Blvd
Ramsey, MN 55303

Dates:

Tuesday
October 2, 9, 23 & 30
November 13, 20 & 27

Time:

7:15 - 8:15pm

To register:

[www.cityoframsey.com/574/
Parks-Recreation-Events](http://www.cityoframsey.com/574/Parks-Recreation-Events)

For more information:

parksandrec@cityoframsey.com
763-576-4309

