



# ZUMBA®

With Miko Licensed Zumba Fitness  
Instructor

## FITNESS

Come "Ditch the Workout and Join the Party" and attend my Zumba class!

It is the Most Fun You'll Ever have Working Out!

- great cardio
- fun dance moves
- low impact
- made for All fitness levels. No Dance Experience Needed!
- super effective - can burn up to 1000 calories in a single class!

When: Saturday, 1/7/12 12 noon - 1pm

Where: Mixteco Ballet - 1900 Blalock Rd, Houston, TX 77080

Please RSVP. Class is only \$10 online or \$15 cash at the door!

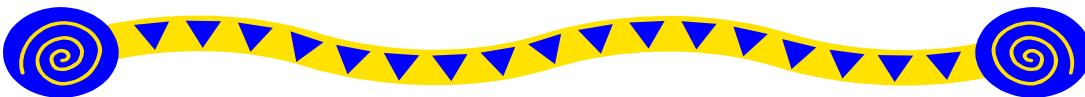
Please click the link below to secure your spot and make payment:

<http://zumbawmiko7jan.eventbrite.com/>

-bring water and a towel- u will need it! ;-)

If you have questions, please feel free to contact me: ZumbaMiko@yahoo.com

~ Miko aka you Zumba Mami ~



Zumba is a music driven fitness party! Inspired by international and Latin rhythms, you will dance your way to the body and feel you have always wanted! Come check it out and see for yourself!

