



# STRONG

BY ZUMBA™

**SATURDAYS**  
**9:15 A.M.-10:15 A.M.**  
**6 CLASSES: \$48**  
**12 CLASSES: \$84**  
**WALK-IN \$11**

INTRODUCING MUSIC-LED HIIT WORKOUT. THE HIGH INTENSITY INTERVALS WILL GET YOUR BODY BURNING CALORIES LONG AFTER YOUR WORKOUT, ALL SYNCED TO MUSIC TO HELP MOTIVATE YOU TO CRUSH YOUR FITNESS GOALS.

Want the flexibility to attend any WLCR class of your choosing each week? Buy a new Adult Exercise Flex Pass. See our website for details.

**SESSION 1: JANUARY 26-APRIL 13**  
**REGISTER BY 1/21**

\*\$15 LATE FEE FOR LATE REGISTRATIONS

**WHITMORE LAKE HIGH SCHOOL**  
**MULTIPURPOSE ROOM**  
**7430 WHITMORE LAKE RD.**



Whitmore Lake Community Recreation  
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Office Hours M/W/F 2 p.m.-6 p.m.