



STRONG
BY ZUMBA™

**THURSDAYS FROM 6:00-7:00 PM
AND/OR
SATURDAYS FROM 9:15-10:15 AM**

**\$64 FOR 1 DAY/WEEK
\$128 FOR 2 DAYS/WEEK**

\$11 WALK-IN

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: APRIL 20- JUNE 8
REGISTER BY 4/15**

**SESSION 2: JULY 11- AUG 31
REGISTER BY 7/1**

***\$15 LATE FEE FOR LATE REGISTRATIONS**

**WHITMORE LAKE ELEMENTARY
SCHOOL
CAFETERIA
1077 BARKER RD.**



Whitmore Lake Community Recreation
wlcrinfo@wlps.net | www.wlps.net/community-recreation
Office Hours M/W/F 2 p.m.-6 p.m.