

# Zumba Timetable

0800 Get Zumba



Mon	Tues	Wed	Thurs	Sat
9.15am St Johns Hall Karori	5.10pm Thistle Hall Cuba St <b>Express</b>	5pm St Johns City	9.15am St Michaels Hall Kelburn	9.15am Teachers Coll Karori
10.30am St Johns Hall Karori <b>Gold</b>		6.45pm Teachers Coll Karori	5.45pm St Johns City Booked OUT	9.45am St Johns City
3.20pm <b>ZumbAtomic</b> Lil Starz 4-7yrs Karori Baptist		6.10pm St Johns City	6.30pm Salvation Army Johnsonville *NEW	11am St Johns City
4pm <b>ZumbAtomic</b> Big Starz 8-12yrs Karori Baptist				

# Zumba

0800 Get ZUMBA

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Party yourself into shape!

The Zumba® programme fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting session of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Zumba® Express - 45 minutes of high energy cardio routines that will leave you feeling like you have had the work-out of your life!

Zumba® Gold - The lower impact, easy-to-follow, Latin inspired dance fitness-party that keeps you in the groove of life. Great for the older active & true fitness beginner.

ZumbAtomic® - A fun and healthy program designed just for kids using the Zumba concept. Children will learn fitness dances, play fun motivational games, and learn new rhythms and styles of music and culture.

[www.kanikani.org](http://www.kanikani.org) for prices and other information