

# FUN-FIT *Fusion* ZUMBA



with Kathy and Beth

***Tuesdays &***

***Wednesdays***

***11:35-12:35pm***

***Included with***

***a Fitness Rider!***



## **Put some Fun back in to your Fitness**

Looking for a way to cure your exercise doldrums, and put some fun back in to your workouts?

Then look no further, the answer to the boring fitness class is here.

This is not your typical Zumba Class! Led with a much broader spectrum of music and incorporating weights and floorwork, this class will quickly become your favorite part of your exercise routine!

Fun-Fit is a total body workout. It is a combination of aerobic dance, toning, and stretching taught to your favorite high-energy dance music. The music covers everything from swing, funk, and Latin, to today's chart toppers. The class requires no previous dance experience, and the movements can be modified to either high or low impact to match your personal fitness level.

The classes are perfect for all ages, and abilities, and are especially well suited to the vibrant highly active middle-aged population here in the Vail Valley. Aside from being just plain fun, dance elevates mood, increases well-being, and improves cognitive function.

Well-known local entertainers Beth Swearingen, and Kathy Morrow teach the classes. Swearingen and Morrow both started out as Zumba instructors, but their classes began to morph as the clientele responded favorably when they added music that was more familiar that everyone could sing along with. Changing the format also allowed for adding light resistance as well as core work and floor stretching which are typically not included in a standard Zumba class.

Tuesdays and Wednesdays at 11:35.

Make Fun-Fit a New Years resolution you can actually stick to!

For more information call 970-390-6896.