







Zumba® with Bianca

January 2011 Class Schedule

ALL CLASSES IN THE NEW YEAR RESUME ON TUESDAY 4 JANUARY 2011!

For venue details, please visit the class schedule on my website www.zumbawithbianca.com/page3.htm.

MONDAY in Greenwich	Greenwich West Community & Arts Centre 6.45 pm – 7.45 pm  Zumba® 8.00 pm – 9.30 pm (90 min.)  Zumba® Boot Camp/ Zumba® Toning	£8/£6* £64 for 10 classes £11 £90 for 10 classes
TUESDAY in Peckham	Brimtonroy Community Hall (NEW) 7.00 pm – 8.00 pm  Zumba®	£8/£6* £64 for 10 classes
WEDNESDAY in Woolwich	Clockhouse Community Centre 7.00 pm – 8.00 pm  Zumba®	£7/£5* £60 for 10 classes
THURSDAY in Lewisham	St. Mary's Centre 7.00 pm – 8.00 pm  Zumba®	£6 £50 for 10 classes
FRIDAY in New Addington	Good Shepherd R.C. Primary School  4.45 pm -5.45 pm Zumba®	£5

SATURDAY in Greenwich & Lewisham	Lewisham United Reformed Church 10.15 am – 11.15 am   Zumba®	£6 £50 for 10 classes
	Greenwich West Community & Arts Centre 2.15 pm – 3.15 pm   Zumba®	£8/£6* £64 for 10 classes
SUNDAY in Lewisham	St. Mary's Centre (NEW) 09.45 am – 10.45 am   Zumba®	£6 £50 for 10 classes
	Ladywell Leisure Centre 11.30 am – 12.30 pm  Zumba® Toning	£7 £60 for 10 classes

Concessionary rates are available for children, student and unemployed. Please bring proof of status.



= Covers the basic rhythms Salsa, Merengue, Cumbia and Reggeaton.



= Covers the more advanced rhythms African Beats, Samba, Flamenco, Tango and Belly Dancing.



= Zumba® Toning is a specialty Zumba® class that blends body-sculpting techniques and specific Zumba® moves into a calorie-burning, strength-training class. You may use Zumba® Toning sticks to enhance rhythm, build strength and tone all the target zones. An alternative to using Zumba® Toning sticks are 0.5 kg – 1.5 kg dumbbells.

Zumba® Instructor Bianca Blom is licensed to teach Zumba® Basics Level 1, 2, Zumba® Toning and Zumba® Gold . She is a member of the Zumba® Instructor Network (ZIN). Bianca is a qualified YMCA Exercise To Music (ETM) Instructor Level 2 and is also a member of the Register of Exercise Professionals (REPS). In addition, she is qualified in First Aid and is certified in 'Exercise and Weight Management'. As an experienced ETM and Zumba® Instructor, you'll be guaranteed to have a safe and effective workout. So let the party begin!



P: 078 18 415 975

www.zumbawithbianca.com

E: mail@zumbawithbianca.com