



# ZUMBA®

FITNESS

**Leu Civic Center, Inc.**

A United Way Agency  
213 N Market Street  
Mascoutah, IL 62258  
(618) 566-2175  
[www.leuciviccenter.org](http://www.leuciviccenter.org)

Experience Zumba with Michelle! Her high-energy is infectious, and instruction is easy to follow. She says, "It's a work out that doesn't feel like 'work', just an hour of being totally in the moment, and jammin' to the music! You don't need any dance background, just the will to move your body, lose weight, and feel great!"



Instructor:  
**Michelle Johnson**

**Tuesdays 6:30-7:30 PM**  
**Saturday 9:30-10:30 AM**

*Ages 11 and up welcome*

**Cost: \$40.00 punch card (10 Classes) or \$5.00 per session**

**Students must be LCC Members      Call (618) 566-2175**

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body energizing, awe-inspiring movements meant to engage and captivate for life!



**A Proud Member Of:**



United Way  
of Greater St. Louis