



ZUMBA®

LET IT MOVE YOU™

THERE ARE A LOT OF WAYS TO LOSE WEIGHT. SOME ARE JUST MORE FUN. JOIN THE ULTIMATE DANCE-FITNESS PARTY THAT BEATS A BORING OLD WORKOUT ANY DAY.



Laila Thompson Zumba® Fitness

Zumba Fitness @ VFW Post 10028
Every Monday @ 06:30 pm, Cost \$10
821 Old Philadelphia Road, Aberdeen, MD. 21001
email: zumbabear@gmail.com

Hi I'm Laila. Welcome to Zumba® Fitness with Laila ZumbaBear Thompson. Zumba® Fitness is a fitness-party blend of Latin and international rhythms that provides a fun and effective workout for all fitness levels. Please join me on Mondays @ 6:30pm starting March 25th, 2024. at the location above. Once you boogie with me, I know you'll be back! Let's Dance! I can't wait to see you!

For class details Contact your licensed Zumba® Instructor.

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