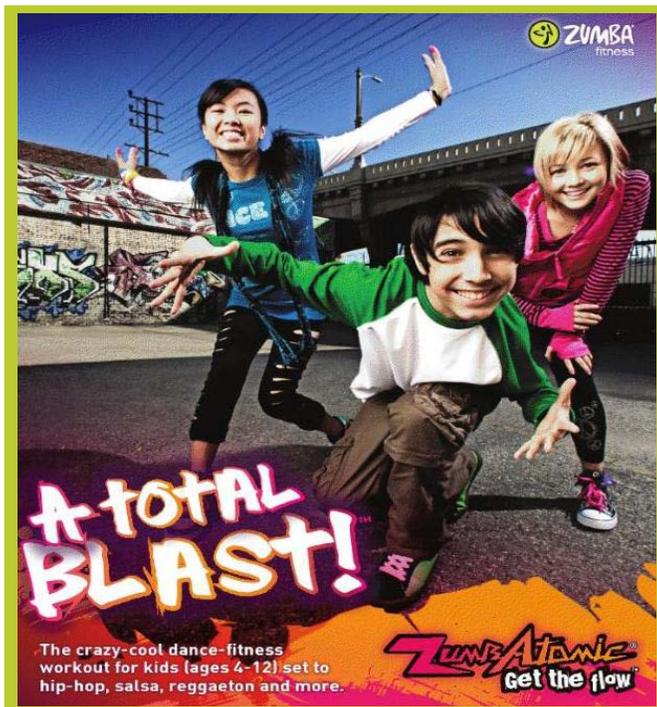




Let's Dance!



What's it all about? ZumbAtomic® is a fitness program designed for kids ages 4-12. A typical class may include this entire age group or be broken down into two smaller groups: Lil Starz (4-7) and Big Starz (8-12). Children will learn fun dances, play fitness games, and learn new rhythms. ZumbAtomic® music is unique and is based on modern Latin music suitable for children. Samples of the types of music we use can be found at zumbatomic.com, which includes merengue, cumbia, salsa, and reggaeton. No previous dance experience is needed.

What are the benefits? The goal of ZumbAtomic® is to develop a healthy lifestyle by incorporating fitness as a natural part of children's lives. By participating in a regular exercise class, children will be on their way to living a healthy life and are less likely to suffer from obesity and other health-related issues as an adult. They will make new friends, grow confident and improve their balance, coordination, discipline, memory, and creativity. The classes also teach teamwork, listening skills, respect, and leadership- all while having fun!

Your children will also learn some fun facts about the countries of origin of the music they are dancing to.

Fridays: March 1 – April 5 6 Weeks

Lil Starz (Ages 4-7) 3:00 – 3:30pm - \$45

Big Starz (Ages 8-12) 3:30 – 4:15pm - \$55

****All Drop ins are \$10/class (payment by check only)**



ZumbAtomic

Instructor: Cheryl Cabral
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About Cheryl: Cheryl is a licensed Zumba and ZumbAtomic instructor, with ten years of latin dance training. My class is a positive, safe environment where all fitness levels are welcome & every child is a star!

If you have any questions about the Zumbatomic program, please email me at cherryl@hotmail.com. Thank-you & I look forward to dancing with your kids! ☺