

# CASTRO VALLEY ADULT AND CAREER EDUCATION



**Mix up your fitness routine  
with ZUMBA®!**

**Energetic! Easy-to-Follow!  
FUN and Enjoyable!**

**Latin aerobics dance workout that  
incorporates basic salsa, meringue, samba and  
calypso movement into a full body workout.**

**Tuesdays 6:00-7:00 pm  
September 20 -December 13  
(no class 11/22)**

**Thursdays 6:00-7:00 pm  
September 22 - December 15  
(no class 11/24)**

**\$82 for each session**

**SPECIAL - register for both nights in the same Quarter for \$123**

**REGISTRATION:**

**ONLINE: [www.cvadult.org](http://www.cvadult.org)**

**IN PERSON: 4430 Alma Avenue, Castro Valley 94546**

**BY TELEPHONE: 510-886-1000**

*Great Students - Great Staff - Great Expectations!*

