

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
September 21 - November 9, 2010
6:00-7:00 pm**

\$49 for each 8 week session

REGISTRATION:

ONLINE: www.cvadult.org

IN PERSON: 4430 Alma Avenue, Castro Valley 94546

BY TELEPHONE: 510-886-1000

Great Students - Great Staff - Great Expectations!