



Photo is actual class in action!

introduces...

# Abz-Solution!!!!

30 minute intense abs workout set to music once a week & every Saturday after Zumba® Fitness Class!!! Tone and tighten your core!

➤ Time: 11:45am – 12:15pm

➤ Cost: Free!!! YES, Free!!!!

\*\*\*when participating in any group fitness class on that day – check your current monthly calendar!\*\*\*

- Yoga mats are available 'til they run out' or feel free to bring your own!

\*\*\*PLEASE NOTE THAT THERE WILL BE NO ABZ-SOLUTION CLASSES AFTER THE ONCE A MONTH TWO HOUR JAMS!\*\*\*