

YOGA and ZUMBA (dance fitness class set to Latin Music) have made their way to Spotswood.

Join these popular new classes for only \$7 each class you take. Child care will be provided, \$2 for the first child and \$1 for each additional child. Class fees and child care will be billed directly to your member account. All skill levels are encouraged to attend.



Yoga instructor, Stephanie Jesteadt, has been practicing yoga for 12 years. She is a stay-at-home Mom of two, who moved here with husband Greg in December 2006. Her class caters to all ages, all levels, is a great way to get in shape and reduce stress.

Our other instructor, Amy Lenz, has been doing yoga for ten years. She did Prenatal Yoga throughout both of her pregnancies and continues to practice several times a week. She and her husband joined the club in 2004.

Zumba instructor, Serena Schuler has been part of the Harrisonburg community for ten years. She is excited to offer this popular dance fitness party to her fellow Club members. Zumba is "exercise in disguise": give it a try!



## Yoga

Tuesday, July 6—10am  
Friday, July 9—10am  
Sunday, July 11—4pm  
Tuesday, July 13—10am  
Friday, July, 16—10am  
Sunday, July 18—4pm  
Tuesday, July 20—10am  
Friday, July 23— 10am  
Sunday, July 25—4pm  
Friday, July 30—10am

## Zumba

Monday, July 5—11am  
Tuesday, July 6—6:30pm  
Thursday, July 8 1:30pm & 6:30pm  
Tuesday, July 13—6:30pm  
Thursday, July 15—10am & 1:30pm  
Monday, July 19—11am  
Tuesday, July 20—6:30pm  
Thursday, July 22—10am & 6:30pm  
Thursday, July 29—10am & 6:00pm

**\*\*All class times subject to change if space is needed\*\***