

Have you tried Zumba®?

What are you waiting for?

Fight those fall and wintertime blues. Have FUN with us while getting some good exercise!

Zumba® classes are on Monday evenings, Wednesday evenings and Saturday mornings.

New music in November, new moves & new fun

Zumba® uses lots of calories, gives you a great workout, raises your metabolism & elevates your mood. Everyone can do Zumba®. You can adapt it to your fitness level. Yes, it's fun!

Come join the party!

Ditch the workout,



Join the millions of people that have decided that having fun and working out are not mutually exclusive. Join those who'd rather have a blast. Join the party!

Yes, Zumba® has come to Pinole! Zumba® classes are being held at the Pinole Sports and Fitness Center (at Pinole Middle School) at 1575 Mann Drive in Pinole (off Appian Way across from Doctor's Hospital). Pre-registration is not required.

Monday nights 6:30 – 7:30 pm - new class session starts November 2nd
Wednesday nights 6:30 – 7:30 pm – new class session starts November 4th
Saturday mornings 9:30 – 10:30 am – new class session starts November 7th
Holidays and vacation schedules may apply – Call for class schedule

Register online for upcoming class sessions. Go to www.ci.pinole.ca.us. Click on the recreation registration logo at the bottom of the homepage for class offerings and schedule.

Register for a class session (6 to 8 weeks) and receive a discounted rate. Drop in fees are \$6.00 per class for residents and \$7.00 for non-residents.

Certified Zumba® Instructor Diane Springer (510) 741-8554
ZumbaWithDiane@aol.com For info on Zumba® check out www.Zumba.com

To register in person, by fax or phone, contact the Pinole Recreation Dept at (510) 741-2999 or recreation@ci.pinole.ca.us