

Athletes For Christ Invites You to.... Try one of our Faith Based Fitness Classes!



**"A Latin inspired dance fitness class!" *Yes - Fitness Can Be Fun!*
You'll have a blast getting fit while dancing to the popular Latin rhythms of Salsa,
Merengue, Cumbia, Reggaeton, and More!**



**A Fun Latin Inspired Dance Fitness Class that's good for the mind, body and soul!
Come dance the Merengue, Salsa, Cumbia, and more!
This particular Zumba class is low impact and joint friendly!**



**Take Zumba Fitness to the next level by adding hand held weights to the class!
This class includes all the fun and excitement of a regular Zumba class but adds an
extra element of focused muscle group work. It's great!**



**Be one of the first to join a Devoted Fitness class in PA! It's a brand new super
fun class that is 100% "Group Fitness for the soul!" You'll move and groove to
contemporary Christian music praising the Lord as you honor the beautiful body he
has given you. "Feel good. Feel God."**

**For Questions or to Request a Current Class Schedule Contact:
zumba@athletesforchrist.net**

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