



*With Cindy*

*Starting July 14th class will be Thursdays at 7pm and Sat at  
9am (classes are one hour)  
Follansbee Pool on Mark Ave*

*This is not your grandma's water aerobic class!  
With using the Zumba formula and now in water  
you are using 30% more resistant than Zumba on  
land! Come Join the Aqua Party!!!!  
Only \$7 per class!!! 1<sup>st</sup> class is Only \$3.50*

*For more information and Cindy's full  
schedule visit [www.cinfulfitness.com](http://www.cinfulfitness.com) or  
email her at [strawberry509@hotmail.com](mailto:strawberry509@hotmail.com)*

*Cindy is certified in NETA (Group Fitness, Zumba Aqua,  
Zumba, CPR/First Aide*



Wear a bathing suit or something suitable for the water. Wear water shoes...trust me your feet will thank you. Also bring lots of water and a towel. See you all in the water!

**If there is lightning class will be cancelled.**