



Why is Everybody Talking about Zumba?

Here is your exciting opportunity to find out why!

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a “fitness-party” that is downright addictive.

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. ZUMBA FITNESS®.

MOVING THE WORLD TO A NEW BEAT.



ZUMBA® Fitness-Party™ Class

Sunday Noon-1pm

OPEN TO THE PUBLIC!

Champion Ballroom

5315 Lyndale Ave. S.
Minneapolis, MN 55419
(952) 922-8316

Champion Ballroom is located between Anytime Fitness & Subway, next to Kowalski's & Starbucks. Parking is free behind the studio.

Email ZumbawithEriko@gmail.com or just stop by 15 minutes early to register for the Noon class. The drop-in class fee is \$10.

About Zumba® with Eriko

Eriko Grill is a dynamic group fitness instructor who will share her love for life and fitness in a spirited workout which will reshape the way you think about exercising. Come feel the love and freedom Eriko infuses into everyone who joins her Zumba party classes!

For more information, promo videos or facebook fan page...

Visit www.icandoeverything.com/zumba.htm to view Eriko's class schedule & promo videos. Find us on “Zumba® with Eriko” on facebook.



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