

Every Saturday

Time: 9:00 am

505 Hampton Park Blvd., Ste. T
Capitol Heights, MD 20743
301.499.6860



has come to Theocracy!

DANCING WITH A PURPOSE!

LADIES ONLY

\$5.00

The Zumba program is all about dancing yourself into shape. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness program that's moving millions of people toward joy and health. The program is currently being enjoyed by people of all shapes, sizes and ages, so do not stay away because of your age or fitness level.

—Come and find out about a free added bonus being offered—

\$5.00

**COME ON LADIES, LET'S GET MOVING
WITH ZUMBA—JUST \$5 PER CLASS!!!!**

\$5.00

For more info:
Sylvia Davis—301.275.7778 (aft. 7:00 pm)
Diane Williams—301.627.6046 (aft. 6:30 pm)

Zumba Instructor: Shirrita Francis