



SOW IT NOW FITNESS PRESENTS:



***Open to the Public Starting July 18, 2013!!!!**

****Classes forming now at People Inc.'s Arts Experience
Located at:**

2635 Delaware Ave, Buffalo, NY 14216

(Portion of proceeds to benefit People Inc. Foundation)

Zumba® Fitness Class, \$5

Zumba Gold® Class, \$3

Tuesday & Thursday

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5PM-6PM

6:15PM-6:45PM

-Zumba® Fitness classes: Traditional dance fitness class

-Zumba Gold® Classes: Offered for seniors, beginners, those with past injuries etc. This class removes the jumping, pounding, twisting, turning, etc. that is found in traditional Zumba® Fitness classes

Bring your friends, water, and DANCE OFF THOSE EXTRA POUNDS!!!

BEGINS JULY 18TH! EMAIL MHELDWEIN86@GMAIL.COM FOR MORE INFORMATION. NO CONTRACT OR MEMBERSHIP FEE – COME WHEN YOU WANT (16 STUDENTS PER CLASS MAXIMUM, EMAIL NOW TO JOIN!)

***All participants must register and sign the Liability Waiver upon entering the People Inc. Arts Experience building for classes.**

****People Inc. is not affiliated with Sow It Now Fitness and Sow It Now Fitness is responsible for the content of this advertisement.**

Classes offered are not a part of People Inc. programs.