

Summer Zumba Schedule

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	6 Year Zumbaversary Party 7:30pm			Zumba 7:30pm		No Class
28	29	30	31			
	No Classes					

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Zumba 7:30pm Final Burn 8:15pm		No Class
4	5	6	7	8	9	10
	Zumba 7:30pm Final Burn 8:15pm			Zumba 7:30pm Final Burn 8:15pm		No Class (See Zumbathon)
11	12	13	14	15	16	17
	Zumba 7:30pm Final Burn 8:15pm			Zumba 7:30pm Final Burn 8:15pm		Zumba 10:00am
18	19	20	21	22	23	24
	Zumba 7:30pm Final Burn 8:15pm			Zumba 7:30pm Final Burn 8:15pm		Zumba 10:00am
25	26	27	28	29	30	July 1st
	Zumba 7:30pm Final Burn 8:15pm			Zumba 7:30pm Final Burn 8:15pm		Zumba 10:00am

6 year Zumbaversary Superhero Theme Party. Class followed by social next door at the Chicken Coop.

Monday, May 22nd, 7:30-9:30pm

Earn tickets for a chance to win various prizes in the drawing! Must be present to win. One prize per participant. :

1 ticket - attendance

1 ticket - dress in superhero theme

1 ticket - per person you invite to this Facebook event (max 3 tickets)

2 tickets - per new student you bring with you to class

Monsoon Zumbathon Charity Event

with instructors Patricia, Diny, and Kelly

Saturday, June 10th, 8:30-10:00am

NOT AT DANCE-A-CROSS, but close! Des Moines DanzArts Studio, 2150 Delavan Dr, #8, WDM

All proceeds from this Zumbathon will go to support Monsoon United Asian Women of Iowa. Their mission is to educate and build healthy communities through transformative justice and social change. They serve all 99 counties in Iowa and are confidential. Their programs include direct services, community outreach and education, violence prevention and cash donation at the door. No street shoes allowed inside the studio.

Thank you all who participated in my Saturday class format survey. I listened! Zumba is by far the preferred format. I know my SBZ lovers will be a little sad so I'm introducing **THE FINAL BURN**. Every Monday and Thursday after Zumba body weight only, strengthening class. This will be designed to be something you can do at home to strengthen your

June Challenge

- 1 point per Zumba class attended
- 1 point for trying The Final Burn (Limit one per month)
- 3 points for attending 6/10 Zumbathon
- 2 points for each referral you bring in to try their first class free
- 5 points per referral they buys a punchcard
- Most points= \$20 Hy-Vee gift card
- 2nd most points= Zumba Prize
- 3rd most points= Zumba Prize

Heads Up! I will announce again later but we will have class on **Tuesday at 7:30 instead of Mondays** for

Please sign up for my e mail list at kelly11.zumba.com and follow Zumba with Kelly at Dance-a-Cross on Facebook

Thanks,

Kelly

515-401-8293

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See below on how to enter to win.

end all forms of gender-based violence
and all their services are both free
and technical assistance. \$10 suggested

at for Saturday classes over STRONG by Zumba.
Zumba, I will lead an optional 10 minute,
our core, upper and lower body.

from July 11th-August 8th!

to stay up to date with class events and any changes.