



Zumba – Winter 2023

Instructor:	Andree Matkowski	
Description:	Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.	
Age Range:	16+	
Location of Class:	Studio D	
Equipment Required	Comfortable clothes and a water bottle	
Fees and Charges:	Class Fee:	\$85.00
Membership Fees:	<i>A membership is required to take any class at SAC.</i>	RM of Hanover & Steinbach: \$15 Individual \$30 Family Non-Residents: \$20 Individual \$35 Family
Cancellations/Refunds:	<i>Full refunds* are given when you withdraw two weeks prior to the start date of a class/workshop. From that point until the start of classes, a 50% credit will be applied to your account upon withdrawal. There will be no refunds once classes have started.</i>	<i>*Aside from memberships, admin fees and material fees which are non-refundable</i>
Dates/Class Duration:	January 23 rd – March 6 th	Mondays from 6:00-7:00 pm