

A ZUMBATHON hosted by instructor Linda S. Taylor



Join us for a Zumba® Fitness Fundraiser and support HEALTHY living!

Boys & Girls Club of Greater Sacramento – Raley Branch

1117 G Street Sacramento, CA 95814

\$12.00 minimum for Adults & \$3.00 for Kids (ages 5-13)

A 20-minute kids Zumba class will be offered so bring the whole family!

Raffles! Refreshments! Vendors!

All proceeds will directly support the Boys & Girls Club of Greater Sacramento,
American Heart Association and Health Education Council

The Boys & Girls Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

The American Heart Association is a national voluntary health agency whose mission is "Building healthier lives, free of cardiovascular diseases and stroke."

The Health Education Council is committed to educating, empowering, and advocating healthier lifestyle through nutrition and physical activity education to target audiences and communities.

WHAT IS ZUMBA®?

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. It creates an energized environment, which inspires the participants to want to work out, love working out and get hooked!

Featuring some of
Sacramento's Finest
ZUMBA® Instructors:
Abraham Contreras
BernNadette Best-Green
Ellen Wilson
Kim Anderson
LaToya Bufford
Lysette Lemay
Mary Messerschmitt
Ruthie Oggins
Xochitl Rico &
Linda Taylor



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For more information on this event, please contact Linda Taylor at 916-548-8731 or ZumbawithLindaT@yahoo.com

Bring your towel, water and a SMILE. No dance experience needed.