



Dance Theatre of Ireland Centre for Dance

NEW! ZUMBA® TONING

Thursdays 8.15 - 9.15pm

10 weeks only €90 – ENROL NOW!

In this class you will learn **toning and body sculpting** techniques (including the use of rhythmic toning devices like maracas—all provided in the class). The class is in the official **Zumba® style** including a **Zumba®** warm up which precedes **floor work** for abdominals and more.

With **Heather Gordon**
(USA)

To Register:

Email us at info@dancetheatreireland.com or call us on 280 3455

Or Print out and fill in our Registration Form (on the *Classes Page*) and return with your fee (cheque or postal order)

Or drop into our studio to register & pay in person

Join the Latin-inspired, easy-to-follow, feel it to the Core dance-fitness Party!

ZUMBA® --in 75 countries/ 6,000,000 participants



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