



## What Do We Do?

**Zumba®** is perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

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.

**STRONG by Zumba®** is like HIIT but set to music – we train to the beat!

**Launching...Monday 25<sup>th</sup> November > 7:15 to 8pm**

The session combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music, designed to match every move.

Every squat, lunge and burpee are driven by the music, helping you make it to that last rep... maybe 5 more!

Once the Latin and world rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise

Super effective? ...Check  
Super fun? ...Check and check.

Bag your **FREE** taster by completing the online health questionnaire:

<https://www.cdcdance.co.uk/zumba-health-questionnaire>

## Classes

**STRONG by Zumba®**

Mondays 7:15 – 8pm

**Zumba®**

Wednesdays 7:45 – 8:30pm

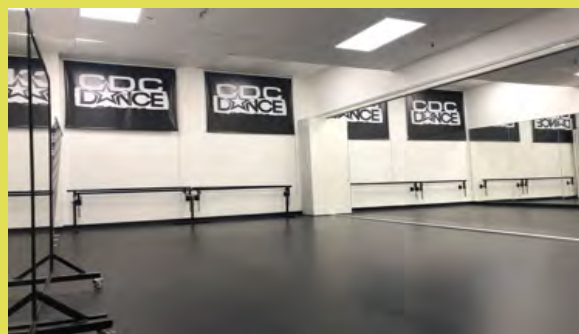


## Where Are We?

### CDC Dance Ltd

\*\*\*Above Poundland/Clarks\*\*\*

153 High Street  
Kings Heath  
Birmingham  
B14 7DG



Our 2019 renovated studios are above Poundland and Clarks, the doorway is to the left of Poundland's entrance, shared with Fitness4Life gym, with stairs only up to the first floor

If travelling by car, the St Dunstan's car park directly behind the building on Institute Road is the best place to park

## Facilities

Our newly refitted venue boasts:

- 3 studios, with a folding partition wall between studios 1 & 2, allowing a more flexible space;
- a kitchen with tuck shop;
- toilets with baby change and a 'Little People' toilet;
- a changing room with lockers;
- video entry/exit security system;
- CDC staff & guest Wi-Fi broadband;
- Bose sound system;
- big screen projection equipment;
- Le Mark dance flooring;
- full dance safety mirrors;
- barres;
- AcroPAD inflatable floor, roller and crash mats

## What to Wear

Make sure you wear sports/active clothing and trainers that provide suitable support/cushioning. Consider getting a sports bra.

## Terms

First session is a **FREE** TASTER, and thereafter we have 2 payment options:

Classes paid for monthly in advance via GoCardless Direct Debit will be £5 per session.

If attendees 'drop in' to a Zumba® or STRONG by Zumba® session, the cost is £5.50 (paid in cash at the start of the session)

We don't always follow school terms with our adult classes, so if paying in advance you'll receive your invoice on the 21st for however many sessions there will be the following month, and then we'll collect the payment via GoCardless Direct Debit on/after the 28th.

