

**TEGSA IS PROUD TO INTRODUCE ZUMBA FITNESS FOR MEMBERS ONLY  
TAUGHT BY MATTI DIAS, A CERTIFIED ZUMBA INSTRUCTOR  
THE PROGRAM, ZUMBA GOLD, IS DESIGNED FOR BEGINNERS, OLDER  
ADULTS AND SENIORS**

**ZUMBA IS A COMBINATION OF EXERCISE AND DANCE MOVES DONE TO UPBEAT MUSIC  
WITH A LATIN FLAIR. YOU ARE SURE TO ENJOY IT. NO EXPERIENCE NECESSARY AND  
YOU DON'T NEED A PARTNER**

**THE FIRST SESSION ON JAN 18/13 IS ABSOLUTELY FREE FOR ALL MEMBERS. A FEE OF  
\$10 WILL BE CHARGED FOR THE REMAINING 6 SESSIONS. IF YOU ATTEND AT LEAST 3  
OF THE 6 SESSIONS YOU WILL GET ALL YOUR MONEY BACK. NO OTHER CONDITIONS  
APPLY.**



**PLEASE BRING YOUR  
ENQUIRIES, IF ANY, TO THE  
FIRST SESSION. PLEASE  
DRESS FOR A WORKOUT.  
SPACE IS LIMITED AND WE  
WILL RESERVE YOUR SPOT  
ON A FIRST COME BASIS.**

**TO REGISTER, PLEASE CALL:**

**JEAN ANDRADE  
905-475-7066**

**NELLA BARRETTO  
416-293-9884**

**NATTY VIEGAS  
416-281-2572**

**ZUMBA DATES, ALL FRIDAYS IN  
2013, ARE AS FOLLOWS:**

**Jan 18, Feb 1, Feb 15, Apr 5, Apr 19,  
May 3 and May 17.**

**AT COMMANDER HALL,  
140 COMMANDER BLVD.  
SCARBOROUGH**

**TIME 7:30 PM TO 8:20 PM. DOORS  
OPEN AT 7 FOR REGISTRATION.**