



Ditch the workout,
Join the party!

Free/YMCA Members

\$5/Potential Members



ZUMBA[®]
FITNESS

Come to the YMCA and take part in an amazingly exciting new class. ZUMBA is now at the Lock Haven Area YMCA .

TUESDAYS and THURSDAYS

4:30-5:30 PM

INSTRUCTOR PROFILE

Gigi Dammer

Hola to all! I'm a stay at home mom to my 3 boys, 4 if you count my husband ;) and I finally reached a point where I could devote some quality time to myself again. I started going to the gym and took different classes to see what intrigued me. Even though I liked going to step and bootcamp classes, I LOVED going to Zumba. I love Zumba because of the great workout, the fun atmosphere, the rockin' tunes and the positive effect it had on my energy level. You'll hopefully feel the same way after you take one of my classes!

**JOIN GIGI AND ALL FITNESS INSTRUCTORS AT THE CLINTON COUNTY EXPO,
 WEDNESDAY, MAY 12th FOR FREE SAMPLE CLASSES!**

Fitness schedules can be found at the YMCA front desk.

ZUMBA classes begin MAY 18th!

PUNCH CARDS

For Potential YMCA members, if you want to participate in our fitness classes regularly pick-up a fitness class punch card at the front desk!

\$40 / 12 fitness classes

For questions about our YMCA Fitness Classes or Programs contact Program Director, Chad Walsh.

Phone: (570) 748-6727

Email: cwalsh@lockhavenymca.com