



Ditch the workout and join the party - Zumba!!

WITH: Erica Ford

WHEN: Mondays
6:30-7:30 p.m.
At Grip and Rip, 4953 Indiana Ave, 27106. Bring a Friend!

COST: \$5

*Blast fat, strengthen your core, and improve flexibility!

Please bring water, a towel and wear comfortable dancing shoes

See **YOU** there!!!



ZUMBA WITH ERICA!

"The first wealth is health." Ralph Waldo Emerson