


~ February 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
All classes are held at the Festival Dance Center (FDC) 205 S. Stratford Road-TOWERS Winston-Salem, NC 27103 <i>*Classes are subject to change.</i>			1 Zumba® 6:30pm TINIA	2	3	4 Zumba® 10-11am Zumba® Xpress 11:10-11:40am -JAMILA-
			5	6 Zumba® 6:30pm JAMILA	7 Zumba® 6:30pm TINIA	8 Zumba® 6:30pm TINIA
12	13 Zumba® 6:30pm JAMILA	14 Zumba® 6:30pm TINIA	15 Zumba® 6:30pm TINIA			18 Zumba® 10-11am Zumba® Xpress 11:10-11:40am -JAMILA-
19	20 Zumba® 6:30pm JAMILA	21 Zumba® 6:30pm TINIA	22 Zumba® 6:30pm TINIA			25 Zumba® 10-11am Zumba® Xpress 11:10-11:40am -TINIA-
26	27 Zumba® 6:30pm JAMILA	28 Zumba® 6:30pm TINIA	29 Zumba® 6:30pm TINIA			

ZUMBA® XPRESS: Short on time to work out? Get your ZUMBA fix and burn mega calories in our 30-minute ZUMBA EXPRESS class!

3rd Annual ZESTY ZUMBATHON® for Enrichment Center: Hit the dance (fitness) floor for a 2-hr ZUMBA® Workout Fundraiser with several sizzling ZUMBA® instructors, all to benefit The Enrichment Center, a local non-profit agency that assists persons with intellectual & developmental disabilities. Sponsored by FiF Element Fitness & Salem College.

Friday, Mar. 2nd, 7-9pm at Salem College's Bryant Hall off Salem Ave. Doors open at 6pm. \$5/12 & under; \$10/13 & up. Log on to FiF-Element.com or EnrichmentARC.org for more information!

Cortney H. Wilson, Founder
 FiF Element (Fitness is Fun!)
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**Currently on maternity leave*

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