



## **THURSDAY NIGHT ZUMBA CLASS**

Come join a fun, full body workout lead by Zumba instructor Nadvia Davis. Nadvia's drive to give back to the community and lead a healthier lifestyle motivated her to become a certified Zumba instructor. Nadvia has been teaching and actively subbing Zumba across the Twin Cities for 2 years. During the weekly Thursday workout, participants can expect to dance while engaging in both high and low impact cardio movements. All exercise movements are set to a variety of music including Salsa, Pop, Reggaetón, Soca and R&B. Modifications are offered. Nadvia presents a Zumba boot camp style workout with lots of energy and enthusiasm. Nadvia encourages participants to add their own flare to make the workout much more fun. Positive feedback to make the class better is always welcomed. Following the workout, free apples are occasionally offered to participants. We hope to see you and a friend at a Zumba class at Sabathani soon!

**60 minutes of  
choreographed  
dancing to a  
variety of music**

**High & Low  
Impact Cardio**

**Fun Community  
Space**

**All Exercise  
Levels Welcome**

**FREE with  
Suggested  
Donations**

### **SABATHANI COMMUNITY CENTER**

310 East 38th Street  
Room 216, Target Banquet

612. 821.2300

[www.sabathani.org](http://www.sabathani.org)

Join Facebook Group  
"Zumba @ Sabathani"

6:30 p.m. – 7:30 p.m.