



Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS
 Qualcomm Sports, Fitness & Aquatics Complex
BE A PART OF IT!

ZUMBA FITNESS

This July...
JOIN THE party™

Who: Everyone and Anyone
When: Wednesdays • 9:30 am
 Fridays • 9:30 am
Cost: FREE
Where: Robert H. Jaffe Aerobics Studio

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UNTIL NOW!

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, & get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!



For more information contact the Fitness Front Desk at 858-362-1337.

Gary & Jerri-Ann Jacobs Youth Endowment Fund

