



Kickin' Cancer for Doug Clary

Join us for a special fundraiser!

Saturday, March 20, 2-4 PM

Studio Zumba 698 W. National Rd. in Vandalia

937-387-0660

www.StudioZumbaOhio.com

Minimum donation of \$15... **ALL proceeds** go to Doug and his family.

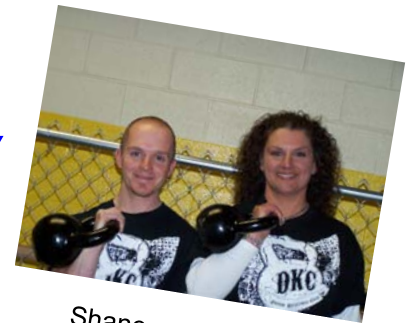
***ZUMBA class led by Elizabeth, ACE, and all available SZ instructors**

***Introductory Kettlebell training led by Nicole Money, ACSM/HFS and Shane England, ACSM/HFS and NSCA/CSCS**

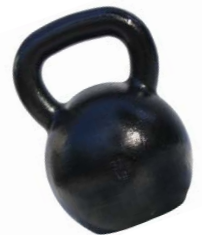
***FREE body composition and sports specific exercise instruction by Matt Money-Exercise Physiologist, ACSM/HFS and NSCA/CSCS**

About kettlebells... "They're great because it brings cardio and strength training together in one quick exercise, in about 20 minutes, it's that effective.

This is also good news for people who are looking for a very good resistance-training workout that will also help them lose weight. The workout is estimated to burn 20.2 calories/minute; that's off the chart!" (ACE Fitness Matters, Jan/Feb 2010)



Shane and Nicole



BRING YOUR FRIENDS!