



*Caroline County Parks & Recreation  
presents...*

# ***Zumba-thon:***

A Zumba-thon is not only a great way to get a good work out in but also a great way to give back to your community.

This **ZUMBATHON** will be in support of needy families from Caroline County who are not able to afford the 8wk summer camp that is hosted annually by the Caroline Parks and Recreation Department in Bowling Green, VA.

**This event will showcase local vendors to include:**

- Monavae' Energy Drinks and Vitamin Drink Supplements
- ZUMBA Wear
- Belly Dance Skirts
- Professional Photographer Susan Driggers
- DJ Music

**Cost:** \$5 for all students who have signed up for the next 4wk session of Caroline ZUMBA Classes and \$10 for non-registered guest.

**Guest Instructors include:** Zoey Jackson, Linda Applewhite, Tarif Lee, Estefanie Reynolds, and more!

**When:** Friday, December 3, 2010 (For ages 16 and above)

**Time:** 7:00 - 8:30 p.m.

**Location:** Caroline Diversified Learning Center (gymnasium)  
7278 Ladysmith Rd, Ruther Glen, Va. 22546

**Bring:** Plenty of water, a towel, and a friend!

**What is Zumba?** Zumba Fitness is a high energy cardio workout which incorporates International dance styles that will have you moving and grooving the entire hour. The choreography is simple and easy to follow; there are only 4 steps that will repeat. Participants typically burn between 400-800 calories in a one hour Zumba fitness class. The workout targets the glutes, legs, arms, abdominals, and most importantly the heart..

**Contact Caroline County Parks & Recreation 804-633-7277 for more information or to register.**