

Zumba Class

- What:** A 1-hour fitness class taught by a female certified Zumba instructor. You can burn up to 700 calories in one hour, tone your body, and feel great!
- Who:** Females ONLY
- When:** Tuesdays and Thursdays of every week, beginning January 31 – March 15, 2012 (see below for detailed class times)
- Where:** Islamic Center of East Lansing's Gym
- Cost:** **Option 1** - \$30 in full for all 12 classes → *Only \$2.50 per class!*
(Please note that if you miss a class, there will be no makeup session)
- Option 2** - \$20 in full for 6 classes → *Only \$3.33 per class!*
- Option 3** - \$4 per class
(This only applies if you choose not to purchase any of the above DISCOUNTED packages and instead would like to walk-in/"pay-as-you-go")
- Special Additional Offer:** Each additional family member (mother, daughter, sister) who joins will receive a \$5 discount toward Option 1 or 2.

January – March 2012 Class Dates

January 2012							February 2012						March 2012							
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7				1	2	3	4					1	2	3
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24
29	30	31					26	27	28	29				25	26	27	28	29	30	31

Class Time

Note that the class start time changes based on the timings of the Islamic Center of East Lansing's Maghrib and Isha prayers. To ensure that we respect the prayer timings, please plan to arrive to class on time.

- January 31 – February 14: Class starts at **6:30 PM**
- February 21 – March 1: Class starts at **6:45 PM**
- March 6 – March 8: Class starts at **7 PM**
- March 13 – March 15: Class starts at **6:30 PM**

Participant Instructions

- You must sign in for each class. The sign-in sheet will be at the door.
- All class announcements will be made through email, so please make sure to write your email when signing in.
- It is up to you to come to all the classes that you have paid for. There will be no make-up classes and no refunds.

For more information contact Shimaa Mousa at (517) 402-6915 or sisters@lansingislam.com