

# ZUMBA AND BALLROOM PILATES

call equilibrium if you love to dance!

**ZUMBA** is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.



**Saturday, October 6th choose 9am or 10am** — meet all of the dynamic ZUMBA instructors, *Christine, Heather, Caroline & Tracy* as they introduce you to our first ZUMBA classes. Weekly classes to follow.



**BALLROOM PILATES** is a brand new fun class using ballroom steps, ballroom music and constant movement to take your pilates principles into movement and space and give you a dance exercise alternative! Improve your balance, coordination, movement awareness in our new studio space dedicated to dance and group fitness.

Equilibrium welcomes *Luana Conte* on **Tuesday, September 25th at 5:00** for the first class. *Luana* was a United States Ballroom finalist from Lecce, Italy, and now judges and coaches throughout the US. She continues to pass on her skills to amateur and prom students who have placed in the finals of recent national competitions. She was one of the instructors who taught *Richard Gere* how to dance for his role in *Shall We Dance*. *Kim Dunleavy* will be the regular instructor for this class with *Luana Conte* returning monthly as guest instructor.

NO EXPERIENCE NECESSARY ■ NO PARTNER NECESSARY



6405 Telegraph ■ at Maple & Telegraph ■ buildings G & H  
visit [www.equilibriumstudio.com](http://www.equilibriumstudio.com) to schedule your class online or call 248.723.6500