



ZUMBA[®] HALLOWEEN

MONDAY, OCTOBER 30 | 6:35 P.M.
CHRISTUS GOOD SHEPHERD
INSTITUTE FOR HEALTHY LIVING GYM

Join a team of Institute for Healthy Living Zumba instructors for this hauntingly fun class!

Class participants are invited to wear their best “gym appropriate” Halloween costume.

**The class will take the place of our regularly scheduled Zumba Toning[®] class.*



CHRISTUS[®] GOOD SHEPHERD
Institute for Healthy Living