



*with Pamela Bennett Fitness*

**Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.**

MONDAY 7:30 PM  
SATURDAY 9:30 AM  
CLASS DROP-IN \$8.00  
PUNCH CARD (8 CLASSES)-\$50.00

**[www.pamelabennettfitness.com](http://www.pamelabennettfitness.com)**

**678-698-6780**

**This program is brought to you by  
Pamela Bennett Fitness  
the weight-loss experts.**