

ZUMBA UPDATE

MARCH 2010

Hello Zumba/Cardio Dance Participants:

After 11 months of hard work, brain-storming and team work, the Fort Mill/Gold Hill Zumba Team is finally to the point of making some positive changes in the Zumba/Cardio Dance program which will benefit EVERYONE!

1. **There are four (4) new instructors joining the Zumba team - Julie Swanson, Irina Perkins, Kara Stroud, & Sandy Manswell.**
2. **Four (4) classes will be moving to the gym (court B) in Fort Mill effective Monday March 1, 2010**
 - **Monday 4:15 pm w/Dominique**
 - **Thursday 6:30 pm w/Karen**
 - **Friday 10:15 am w/Julie**
 - **Saturday 10 am Rotation (formerly at Gold Hill YMCA)**
3. **Six (6) classes will be at the Gold Hill location**
 - **Monday 9:15 am w/Marcea**
 - **Tuesday 6:10 pm w/Emily**
 - **Wed 9:15 am w/Dominique**
 - **Wed 10:15 am w/Sandy (New Time, New Instructor)**
 - **Wed 6:20 pm w/Kara (New Instructor)**
 - **Sunday 2 pm Rotation (NEW CLASS!)**
4. **Two (2) classes will remain in the Fort Mill group fitness room**
 - **Thursday 8:10 am w/Sim**
 - **Friday 6:15 pm w/Karen**
5. **This gives us a total of 12 Zumba classes each week - 6 at the Fort Mill location and 6 at the Gold Hill YMCA!**

The Zumba Team (Dominique, Emily, Irina, Julie, Kara, Karen, Kim, Marcea, Sandy, Sibylle, Sim) and I are excited about moving a few classes into the gym. Through the ZumbaThons, YOU helped the Fort Mill YMCA purchase a BRAND NEW state of the art sound system which will allow us to now hold a few classes in the gym and open the Zumba/Cardio Dance program up to new opportunities for growth.

Thank you so much for your patience with us as we worked toward this goal. We sincerely hope you are as excited as we are and look forward to hearing your feedback.

Sincerely,

Susan S. Hollis

Fort Mill/Gold Hill YMCA Director

Dance till the stars come down from the rafters

Dance, Dance, Dance till you drop.

~W.H. Auden