

## Carol Coles

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**From:** Carol Coles  
**Sent:** Thursday, January 07, 2010 3:54 PM  
**To:** \*everyone; \_Council Members; Andy Rieger; Denise Holder; Eddie Sims; Jane Cannon; KGOU; KOCO; KOKH; Ktok; KTOK; Norman News; Oklahoma Daily  
**Subject:** Zumba Dance Class

City of Norman  
201 West Gray  
Norman, Oklahoma 73069

Press Release

For Immediate Release

Contact: Carol Coles  
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Your Norman and Parks and Recreation Department is proud to present a new Zumba Dance class at the Whittier Recreation Center located at 2000 W. Brooks. These classes will take place every Monday and Wednesday night at 6:00 p.m. beginning the week of January 11<sup>th</sup>. The first class is FREE!!! Following classes cost \$5 per class or \$20 for 5 classes.

Zumba is a fusion of Latin music and dance themes that create a dynamic, exciting fitness system. The routines feature a aerobic/fitness interval training with a combination of fast and slow rhythms that sculpt the body. A workout designed for everyone!

For more information and to sign up for Zumba please call the Whittier Recreation Center at 292-9703.