

# ZUMBA PERFORMANCE COURSE

spin<sup>city</sup>  
dance

8 week course  
Wednesdays 8 – 9pm  
Commencing 5<sup>th</sup> May  
Book now!!

## Are you ready for a fitness challenge?

If you are ready to put fun and passion back into exercising, then this is the course for you!

Spin City Dance is running an energized, fun-fuelled, high energy 8 week Zumba course.

Each session will include a 20 minute express class, the learning of a 3 minute demo routine using exotic Latin rhythms, and then a cool down to leave you feeling fantastic!

This course is perfect for individuals of moderate fitness level who want to push their bodies that little bit more.

Get fit, have fun, dance around to great music and begin this 8 week body challenge! You won't regret it!

Book now!!

**Teacher: Maria**

## Maria Sutera

Maria Sutera has over ten years experience as a ballet, Jazz and Tap dancer. She is renown in Melbourne for her sharp spins and tight spotting technique, well honed over years of classical training, but also her ability to break down the points required for achieving fast footwork with absolutely clean finishes.

Having placed twice in national aerobic championships in Australia, Maria understands what it takes to be an amazing performer as well as dancer, and seeks to impart her love for clean lines and elegance to the students she teaches.

She is always aware of good techniques, and is patient in achieving results with students. An enthusiastic teacher and performer, Maria keeps the team light-hearted and laughing all the time.