



Along with Instructors Michelle Pozan, and Gina Seery
PRESENT A

CHARITY WORKOUT PARTY!

ZUMBA!! **FLIRTY GIRL!!** **DRUMS ALIVE!!**

WHEN?

Saturday, May 21st, Check in 9:45 a.m.
Workouts will be from 10:00 – 12:00 (with breaks!!)

LOCATION?

Otsego County Sportsplex
1250 Gornick Ave, Gaylord, MI 49734



SUGGESTED DONATION: \$15
CASH OR CHECKS PAYABLE TO
The Breast Cancer 3 Day



ZUMBA[®]
FITNESS

THINGS TO BRING

Stability ball for Drums Alive (if you have one!)
Yoga mat for stretch & meditation

Questions?

Contact Maggie Barclay
Maggie@InsideOutFitness.net
Office: 248-568-8034