LADIES OF IIUM GOMBAK,
ZUMBA® FITNESS IS HERE!!

The Zumba program is the most effective, innovative, and exciting workout designed for EVERYONE because

- It’s fun! We do not realize that we are exercising
  - It’s different! It’s like no other

- It’s easy! Zumba’s basic steps that the instructor will show you at the beginning of each class makes it easy for everyone. Each participant can do Zumba at her own pace and before she knows it, she already beats the instructor!

- It’s effective. Zumba is a cardio-based workout with components of resistance/sculpting training to tone the entire body and achieve any desired fitness goals.

SO WHAT ARE YOU WAITING FOR? COME TO ZUMBA® FITNESS CLASSES AND REGISTER WITH YOUR INSTRUCTOR!
CLASSES:
- EVERY TUESDAY & FRIDAY 4.45pm reg., 5-6pm class (Staff) & 6.00pm reg. 6.15-7.15pm (Students)
- SUNDAYS 8.15 reg., 8.30-9.30am class; 9.30am reg., 9.45-10.45am class

VENUE:
Aerobic Room (Female Sports Complex), IIUM Gombak. Exit J10.

FEE:
Staff: RM12 walk in Zumba (1 class) or RM84 a concession card of 10 classes. Student: RM8 walk in Zumba (1 class) or RM56 a concession card of 10 classes. Note: No monthly fee. The concession card is valid 3mths and can be shared with max 10 ppl.

Try Zumba for the first time—its FREE!

MORE!
If you attend 10 classes or more in a month, you will be given a special discount rate! So lets SHAKE IT off!

YOUR INSTRUCTOR:
Shuha Lubis
IIUM staff no: 3161
Lisenced Zumba® Fitness Instructor
ZIN (Zumba Instructor Network) No: 391056
Email: shuhazumba@gmail.com (Email me your FB name so I can add you to our FB’s IIUM Zumba Group page) Mobile: +6010 208 5053

PUT ON ANY COMFY SPORT ATTIRE & BRING A DRINK BOTTLE:
Everyone asks me where to get the Zumba Wear. Is it really important? You can get it online from Zumba.com/shop but its very expensive. Its your body that exercises. So put on any shirt and track bottom that allow you to shake, twist, jump etc. Make sure you have your shoes on. Choose your old sneakers—those with soft sole are perfect. Just never forget to bring with you a drink bottle! - Shuha Lubis.