



SPECIAL NEEDS TEEN/ADULT

**2020 Spring
Zumba Classes
with
Katie McGowan**

Class Description: Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. This class provides an opportunity for teen and adult students [with special needs] and their families to take a Zumba class that they can be active participants in. We will have a wide range of music and moves that are at an easier level and pace so everyone can follow along and have fun!

Register early as space is limited!

About Me: My name is Katie McGowan. This is my 6th year teaching in Birmingham for the Adult Transition Program [at the Seaholm Annex]. Zumba is a true passion of mine! It is a fun way to dance away the stress and the pounds! You can let go and have fun whether you know the steps or not. Zumba allows you to just go for it and have fun regardless of skill, experience or coordination. I have been doing Zumba for about 6 years and became a certified Zumba instructor the Fall of 2017. I've always found that students love music and dancing. Whenever I bring Zumba into the classroom, it is always a good time! So, COME DANCE WITH ME!

2020 SPRING I

Class # 15505

of Sessions: 6

Dates: Tuesdays: Feb. 25, March 3, 10, 17, 24, 31

Time: 6:30-7:30 p.m.

Location: Berkshire Middle School, cafeteria

Fee: \$42.00/person

2020 SPRING II

CLASS # 15506

of Sessions: 6

Dates: Tuesdays: April 14, 21, 28, May 5, 12, 19

Time: 6:30-7:30 p.m.

Location: Berkshire Middle School, cafeteria

Fee: \$42.00/person

**Birmingham Community Education
Register online
at www.communityed.net
or call 248.203.3800**