



Proudly Presents

TIME: Monday & Thursday
7:45 p.m. to 8:45 p.m.

DATES: Feb. 27, March
1,5,8,12,15,19,22,26,29, April
2,5,9,12,16,19.

PLACE: Kingman National Guard
Armory

FEE: \$50.00 / 8 week session

***MUST HAVE TEN (10) ENROLLED
IN ORDER TO HAVE CLASS.**

If you are not enrolled, you must pay \$6 / session. If children come, they may not run around. We are in the process of finding someone for a daycare during ZUMBA class, until that is complete, please have your children sit on the side. Thank

ALLISSA THIMESCH EVENINGS



Join the millions of people that have decided that having fun and working out are not mutually exclusive.
Join those who'd rather have a blast. Join the party!

ABOUT THE INSTRUCTOR:

Allissa grew up in Pretty Prairie. She graduated from Hutchinson Community College. She is married with 3 children and has lived in Kingman for last 9 ½ years. She received her Zumba Training in Oklahoma City in September 2011 and has been teaching class since then.

NEED TO BRING:

GOOD SNEAKERS

TOWEL

WATER!!!!

OPEN TO GUYS & GIRLS AND ALL FITNESS LEVELS!!



111 S. Main
P.O. Box 223
Kingman, KS 67068
(620) 532-2761
Www.knrec.org

ALLISSA THIMESCH ZUMBA– Registration

Name: _____
Address: _____
Phone: (H) _____ (W) _____ (C) _____
Email: _____

In case of emergency, Please contact:

Name: _____ Phone: _____