



WELCOME TO FEBRUARY!

Wishing you all a very happy St. Valentine's Day! We have been working tirelessly behind the scenes and now the time has come to tell you about our fantastic new venues! The launch of Karoo Primary School in Rowville and Glen Waverley Uniting Church will begin next week!

Through your suggestions, we have added a morning class for those of you that are finding it hard to make the evening classes.

We are also happy to announce that the lovely Belinda will be taking some of these classes. She has been working hard filling in for classes and the time has come for her to take on some new challenges! We hope you will support her in Rowville & Glen Waverley!

Please keep your suggestions coming, as we do take them into account and try to give you the best possible Zumba experience.

This month's Zumba story comes from Fiona. Take the time to read it as it is both inspirational and uplifting, showing you how deeply Zumba may change your life!

On a personal note, thank you for all your well wishes for my birthday last week. Your sentiments warm my heart & make me more determined to bring you the best Zumba experience possible.

Zumba Peace & Love!!

Pierre



NEW TIMETABLE & VENUES

GLEN WAVERLEY

****NEW****

*Free Launch Party
21, 22 & 26 February!!*

**Uniting Church
(Opposite Library)**
Crn Bogong Ave & Kings Way
Monday 9.30-10.30am
Tuesday 7.00-8.00pm
Saturday 9.30-10.30am

ROWVILLE

****NEW****

*Free Launch Party
24 February !!*

Karoo Primary School
• Zumbatomic® for Kids •
Crn Karoo Rd & Murrindal Dve
Thursday 6.30-7.30pm

ROWVILLE *EXISTING VENUES*

RAFT
Crn Taylors Ln & Kelletts Rd
Thursday 7.00-8.00pm
Saturday 10.30-11.30am

Park Ridge Primary School
Wentworth Ave
Monday 7.00-8.00pm
Wednesday 7.00-8.00pm



Check out our website
for specials & events
zumbamelbourne.com.au



Flona's Story

Zumba - A healing for body, mind and soul

Over the past 20 years of my life I have been battling with many health issues. One of the illnesses was a form of cancer in my right lung. There have been times of great mental stress, physical ailments, fears and anxieties. Some of the side effects of these illnesses have been lethargy, lack of motivation, unable to commit to any work or form of exercise or therapy workshops. I have tried all of these outlets over the years but have never completed or stayed committed to the task.

Several years ago I suffered a severe set-back and medications were analysed and new medications were prescribed. At this time one of the side effects of this treatment was severe weight gain. I went from a size 10 to a size 18. As you can imagine, on top of dealing with my health issues I watched my body become out of control. Unfortunately the doctors could not change the medication and I was encouraged to start exercising to try and loose the weight. I tried many attempts to stick to an exercise regime but unfortunately because of the lack of motivation and commitment phobic I never succeeded.

In April 2010 a close friend rang me and invited me to come along and try this new Zumba fitness class. From the very 1st session, I was hooked. The music is infectious, the dance moves are so much fun & I began attending twice a week. Not long after, my specialist noticed that something had changed in me. I was happy, positive and much more relaxed than I had ever been in a very long time. He encouraged me to attend at least 3 times a week.

Most times now I attend 3 to 4 times a week. Zumba has made a huge impact in my life. It has transformed me into an energised, confident and motivated woman. After 9 months of Zumba I have managed to get back to my size 10. I can't thank Pierre and all my Zumba buddies enough for their inspiration and encouragement to reach this milestone. Reaching 100 classes was one of the biggest achievements in my life. I hold onto this saying that I have come across. "They say what doesn't destroy you makes you stronger."

Thank you Pierre for bringing Zumba into my life because it's given me back my life.

MONTHLY SPECIALS

FREE LAUNCH PARTY AT GLEN WAVERLEY & ROWVILLE !!!

Glen Waverley: Uniting Church

- Monday 21st 9.30-10.30 am
- Tuesday 22nd 7.00-8.00 pm
- Saturday 26th 9.30-10.30 am

\$80 for 10 classes or \$150 for 20 classes if you purchase at the launch!

Rowville: Karoo Primary School

****Zumbatomic® for Kids****

Specifically designed for Kids & Pre-teens

- Thursday 24th 6.30-7.30 pm

Little Bops Ages 4-7 @ 6.30pm

Big Bops Ages 8-12 @ 7.00pm

Only \$50 per Term

Don't forget our membership cards!

*Yearly \$699

*6 monthly \$399

** Not valid for special events & Masterclasses*



UPCOMING EVENTS

Come join us at Knox Festival on Saturday 5th & Sunday 6th of March! We'll have a stall for your Zumbawear® fashion fix, as well as Zumba demonstrations throughout the day, including Zumbatomic® for the kids!! Bring the family for a fun day out & support us in supporting YOUR community!!



Reminder about our Queensland Flood Appeal

We are still raising funds to assist in the Queensland Flood Relief. Although not in the news as much, families are still trying to rebuild their lives and your donations are greatly needed. Try to donate a gold coin whenever you come to class.