

New England Sports Academy

FREE ZUMBA CLASS!!



January 26, 2010

3:30pm-4:30pm

Kids

5:00pm-6:00pm

Adults

Steven Adcock is a world finalist in Argentine Tango Cabaret Style and a featured dancer in Marc Anthony's music video, Valio la Pena. He has appeared on MTV's "Made" as a dance coach and judge as well as numerous TV shows as a fitness expert. He has trained Al Pacino, Bill Murray, Ringo Star and many other luminaries from stage and screen.

The Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. There is no need for constant motion without a slow-down and anyone can follow along. Experience an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

NESA

Teaching Sports...for Life.
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