

Zumba Newsletter November 2012

Christmas 2012 Zumba Class Dates:

Kimpton - December:
3rd, 5th, 10th, 17th & 19th December
(please note no class on Wednesday 12th
as the hall is being used)

**19th Dec Christmas theme, festive
dress.** Returning in 2013 week
commencing 7th January, classes as
normal.

Campus West WGC - December:
4th & 11th December. Returning in 203
week commencing 7th January.

Zumbatomic children's Class Dates:

Knebworth - December
3rd, 10th and 17th December (17th Xmas
demo)

Kimpton - December
6th and 13th December (13th Xmas demo)

St. Michael's School - December
5th and 12th December



Facebook

You can join and keep up to date with
class times/locations or any changes to
the usual schedule and a bit of banter
via my Zumba Facebook page:
zumbawithvic (or search for Victoria
Lewis)

Feedback

These are your classes and your
feedback is important to me. Please let
me know if there is anything you would
like to see improved or changed or
songs you want included.

Charity event! Friday 18th January 2013

Zumbathon raising money for the 'Starlight Foundation'

Starlight brightens the lives of seriously
and terminally ill children by granting
them once-in-a-lifetime wishes and
providing entertainment for children in
hospitals and hospices throughout the
United Kingdom. All Starlight's activities
are aimed at distracting children from
the pain, fear and isolation they can
often feel as a result of their illnesses.



Zumba 99

Come along and be part of the Zumba
family in aid of a worthwhile charity. All
proceeds go directly to:
'Starlight Foundation'

With Vic and Heidi
£9.99 for 99 minutes

Where: Kimpton Memorial Hall
Wear: Anything florescent
When: 18th January 2013 19:30-21:09
Who: Anyone up to the age of 99
Why: To support the Starlight
Foundation

Dance, dance, dance help us raise funds
for the wonderful charity the 'Starlight
Foundation'.

The Zumbathon Evening promises to be
great fun. Come along and help raise
money for the Starlight Foundation at
our Zumbathon, everyone's welcome.
There will be a raffle, tea, coffee and
cakes to help relax after partying hard.
If anyone fancies something stronger
please bring a bottle. Along with a good
excuse to socialise with your friends and
what better way to spend an evening
than letting your hair down, keeping fit
and helping to raise money.

I would like to hold a **raffle** so please
contact me if you have anything you
might be able to contribute. Tickets will
be sold at the end of my classes.
If you cannot make the event I would be
very grateful if you would consider
making a donation, my charity
website is:

<http://zumba99-621.starlight.org.uk>



Zumbatomic – Zumba 4 Kids!

The children and I are putting together a
Christmas Zumbatomic dance
demonstration being held on **13th
December at Kimpton Memorial Hall
3.45** and **17th December at
Knebworth hall at 3.45**. Please come
along to watch the children demonstrate
some of the dances we have been
enjoying this Autumn. More information
will be sent out directly. Or email me at
victorialewis@btconnect.com any
questions.

Zumba Parties

I am available for Zumba and
Zumbatomic parties; Please contact me
for details of availability and pricing.

Zumbatomic parties consist of
fun energetic dancing
and children's games.

www.zumbawithvic.com

My website is now up and running and
has had over 5500 hits!! Please check
out some of the videos and photos from
recent events and get up-to-date news
on my Zumba classes.

Interesting facts about ZUMBA:

- The word Zumba® comes from
Colombian word meaning "to
move fast and have fun"
- It is estimated that participants in a
Zumba® class can burn
anywhere between 500-1,000
calories in one hour, although
this depends on the individual
and the level of exertion
performed
- Zumba® not only helps improve
general fitness, but also
improves balance, flexibility,
tone and posture
- Zumba® workouts are conducted in
over 110,000 locations in 125
countries
- Approximately 10 million participants
take Zumba® classes every
week

Please check out my website.
www.zumbawithvic.com