



**NORTHBAY™**

*Center for Women's Health*

# Day *of* Dance

A Heart-Healthy Event\*

Saturday, February 25

8:00 AM – 1:00 PM

This FREE event is open to the public.

For your comfort and safety, please wear appropriate exercise attire and footwear.

## **Class Schedule:**

8:00 AM Cycling (cycling studio)

8:30 AM Beginning Zumba

9:00 AM Water Works (in the pool)

9:30 AM Yoga Abs

10:30 Advanced Zumba

11:30 Beginning Zumba

NorthBay will be offering BMI and body composition health screenings.

\*For a listing of other heart healthy events visit [www.NorthBay.org](http://www.NorthBay.org).