

Zoom Zone

Enrichment for Everyone
Fun * Friends * Fitness
www.ZoomZoneUSA.com

Information and class registration: www.ZoomZoneUSA.com

Adult Wellness ■ Family Fitness ■ Girls' Activity Club



Gentle Yoga for Empowerment

Tuesdays and/or Thursdays 7:00 – 8:00 AM

Start your day with this effective, yet gentle practice. Ann leads class using simple movements and breathing postures to provide feel-good stretching, strengthening, relaxation, balance, better mobility and more personal power. The class is concluded with an energy meditation, and will leave you with a peaceful and alert vibrancy.

Try your first adult fitness class **FREE!**

Online Pre-Registration Required.



Yoga 4 You

Wednesdays 9:00-10:00 AM

A beginner-friendly, mindful yoga class for all levels. Modifications, therapeutic techniques and props are offered for a personalized experience. Rosanne leads a playful yoga w/ serious benefits: gain strength, increase flexibility and improve balance. Come de-stress the body and mind...feel good!



Fab Afro Caribbean Dance Fitness

Saturday Afternoon Party 3:00-4:00 PM

Fabienne shares her passion for dancing as an easy way to step into a healthier lifestyle. You can expect a fun-filled hour that'll get your heart pumping to the inviting rhythms of Afro/Caribbean music. Through a combination of simple yet exotic movements, this class is a therapeutic way to melt away weekly stress in a party-like atmosphere. All levels are welcome, so join the fun and sparkle!

Mom & Daughter Kickboxing ages 7 - 13

Sundays 10:30 - 11:30 AM; 6-week series for caregivers and daughters = \$108 (+\$60/additional child)

Fall Session #2: Sundays 11/6 - 12/18 (off 11/27)

Experience an hour of fitness and fun with your daughter and H2K. Learn punches, kicks and self-defense! We will have non-contact sparring, team building exercises and boxing drills. After our work out, we meditate and work on healthy goals.

Family and Me Cardio Dance ages 2.5 - 5

Sundays 9:30 - 10:15; 6-week series for children and their caregivers = \$108 (+\$60/additional child)

Fall Session #2: Sundays 11/6 - 12/18 (off 11/27)

Join us for Family and Me Cardio Dance! We will be movin', groovin' and working up a sweat! Each class combines dancing, games, musical obstacle courses and exercises with the mommy or daddy. Each class ends with healthy goals and meditation.

Super Kids Unite ages 4 - 6

Saturdays 4:15-5:00 PM; 4-class session for parent & child = \$72

Coming Winter Session: Jan 7, 14, 21, 28

This class is for energetic kiddos and their care-givers to enjoy movement and adventurous games together. We begin with a simple welcoming circle, and then move into imaginative and physically active challenges. Activities are designed to practice coordinating body and brain in a fun way. We may be "blasting bad guys" with soft foam balls, but children are also learning to take turns, follow rules and show self-control. Families spend quality time together while playing in a group setting.

Girl Power Activity Club ages 9 - 11

Sundays 3:30-4:45 PM; 4-class session = \$60

Coming Winter Session: Jan 8, 15, 22, 29

In this fun and creative group, girls explore their power within through a variety of guided expressive activities. This group is about making friends, building self-confidence and celebrating talents. We'll enjoy creating art, mindful movement, circle chats and journal writing to encourage self-expression and inspiration. We'll share ideas and skills to live out our inner magic.

Zoom Zone is located upstairs at 1321 Main St., on the Melrose/Wakefield border
All classes require PRE-registration to ensure space: www.ZoomZoneUSA.com