



June 15, 2011

Contact & to Register: Kathy Armstrong, 509.625.6693

HAVE YOU TRIED ZUMBA® FITNESS YET?

**Parks and Recreation Partners with the East Central
Community Center with a ZUMBA-THON to be held Saturday, June 18th**

Zumba® is...

- Designed for all ages & shapes,
- No dance experience required.

Check out our web site for a full listing of all the Zumba classes offered by Parks and Recreation.

Zumba® Fitness

(Ages 16 & over) Ditch the workout, join the party! Zumba® features interval training where fast and slow rhythms are combined to tone and sculpt your body. Designed for all ages & shapes, No dance experience required.

www.spokaneparks.org

ZUMBA-THON

Saturday, June 18th

10 AM– Noon

\$10.00 admission

East Central Community Center, 500 S. Stone St.

All proceeds from the Zumba-thon benefit ALS (Lou Gehrig's Disease).

**To register, email
Kathy Armstrong:
karmstrong@
spokanecity.org or call**

509.625.6693

ALSSO is a non-profit service organization. It is a group of ALS patients, family members of patients, and volunteers whose lives have been impacted by Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's Disease. ALS is an incurable fatal neuromuscular disease characterized by progressive muscle weakness, resulting in paralysis. There is no known prevention, cure, or even treatment. Every 90 minutes someone dies of ALS.

ALSSO offers support in many forms: meals, rides, shopping, chores, social calls, fun activities, home modification projects, and installation of adaptive equipment. If requested by patients and families, we can share our experiences of what worked for us and provide other needed assistance that is within our capabilities. See www.alssso.org for more info or call **509.467.8761**.

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