



Zumba With Naseema

www.MnZumba.com



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Hello hello my Zumba friends,

Fall already? Hope you had a Great Summer. This summer, I held my first fundraiser Zumbathon for the Y-Partners at the MN Valley YMCA & yes we met the goal! Yoo hoo. I helped in the Zumbathon for the Caring Tree Fundraiser Zumbathon, hosted a Zumba BBQ party, held a Zumba Class in the Park, and some social events. Thank you to all who participated.

Travelling was fun too mostly for pleasure. I attended the 2009 Zumba Convention in FL and am super excited to start my Fall Classes!

See you soon. Keep dancing for a Healthy you!
Peace always,
N ☺



CALENDAR OF EVENTS

DANCE PARTY SALSA & ZUMBA

DATE: FRIDAY SEPTEMBER 25

7.30 PM - 11.30 PM IN FARMINGTON

<http://www.grandhallstudio.com>

SPATINI & LADIES NIGHT OUT

DATE: THURS. OCT 8

4.00 PM – 8.00 PM IN FARMINGTON

<http://www.grandhallstudio.com>

Free Zumba lesson from 7.30 -8.00 PM

HALLOWEEN PARTY

DATE: SATURDAY OCTOBER 31

9.30 PM – 12.00 AM

CANTINA #1 AT MOA, BLOOMINGTON

[HTTP://WWW.CANTINA1.COM](http://www.cantina1.com)

ZUMBA CLASS SCHEDULE

PLEASE SEE THE SCHEDULE IN MY WEBSITE

WWW.MNZUMBA.COM

ONLINE REGISTRATION IS OPEN FOR MY CLASSES IN ST. LOUIS PARK, AND ROSEMOUNT.

Special \$5.00 for each Zumba class at Studio Fit Fusion in Farmington. For details go to website www.grandhallstudio.com.

Dance Party Salsa & Zumba Friday, Sept 25

Time: 7.30 PM - 11.30 PM

Cover: \$10.00 per person

Includes Salsa Dance Lesson: 7.30 - 8.00 PM

Location: Grand Hall Studio (952.807.2417)

217 Oak Street, Farmington MN 55024

Located on the second level of the historic Exchange Bank Building in downtown Farmington. You can enter the building by stairway through the double doors that have the logo and address, or by the elevator and handicap access located to the left of the double doors (213 Oak Street). Free Parking.

<http://www.grandhallstudio.com>

DJs: Naseema Shidi & Joseph Tsehai

Send me an email with your Favorite song requests.

Attire: Come dressed for a dance, and not in workout clothes

Light snacks provided. Cash bar available.

Tell your friends. Don't miss this
**Fun Fun Fun Shake Shake Shake
Calorie Burnina Event**

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