Join the Party!
Zumba!

A Latin-Inspired, high energy, cardio dance work out; so fun you won’t even know it’s fitness!

Thursdays 5:30 p.m. to 6:30 p.m. (Leicester Campus Dance Studio)

September 5th, 12th, 19th, and 26th
October 3rd, 10th, 17th, 24th, and 31st
November 7th, 14th, and 21st
December 5th

Fletcher Dance Studio in the Fuller Campus Center, 2nd Floor

Taught by Sonja Agiomavritis, J.D.
Sonja is an AFAA (Aerobics and Fitness Association of America) and ACE (American Council on Exercise) certified group exercise instructor, Zumba (r) instructor, 500 hour certified yoga teacher, certified cycling instructor, and has served as an ACE certified trainer.

Sonja has been instructing group fitness since 1989 in the Worcester, Metro West, and North Shore and Boston areas. She has been instructing group exercise classes at Becker College for 3 years and is currently the owner of New England Fitness in Worcester, MA.

Check us out on Facebook:
“Becker College Campus Activities”

Sponsored by the Office of Campus Activities & Leadership Development
Exercise your body, Relax your mind

**Wednesdays 6:00—7:00 p.m.**

September 4th, 11th, 18th, and 25th
October 2nd, 9th, 16th, 23rd, and 30th
November 6th, 13th, and 20th
December 4th

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2nd Floor

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