

# Work Out with US!

## Zumba

*Proceeds Benefit Chanel Cheer and Dance*

January 12 12:00 PM—1:30 PM

Doors open at 11:30 AM  
St. Peter Chanel HS Gymnasium  
480 Northfield Rd, Bedford Ohio 44146

Early Bird Special \$5.00

before December 20

At the Door \$8.00

Students \$1.00

Complete registration form

See Trainer Bio on back

If you have any questions

Contact Coach Evie Golding at 440-232-5900 ext 164 or [egolding@stpeterchanel.com](mailto:egolding@stpeterchanel.com)

Name

Number of Adults \_\_\_\_\_@\$5

Number of Students \_\_\_\_\_@\$1

Email Address

\*Make checks payable to St. Peter Chanel, memo  
**Cheer and Dance**

Mailing Address

Contact Number

Total included \$ \_\_\_\_\_

**Registration is non-refundable**



Join the party with Karen  
(Karen is a Chanel Parent of a wonderful 10th grader)

Karen is a Certified Zumba Instructor since 2009. She is an active member of the Zumba Instructors Network (ZIN). In 2010, she earned the International Fitness Association Certification (IFA) in group exercise, aerobics and personal training.

She taught Zumba at various gyms and studios across greater Cleveland and Suburban areas such as Team Energetics, Jumpstart Health & Fitness and Next Level Dance Studio & Body Perfection Studio. She has taught sessions at various fundraising events like the United Way drive for the Cleveland Clinic Education Department, American Cancer Foundation and the Nordonia Emergency Shelter. Karen taught Zumba sessions at Women's Health Conferences, Medical Conferences and fairs for several churches. Currently Karen is an instructor at Cater 2U Fitness in Bedford Heights in Cleveland where classes are always full with people ready to have a great time. Karen's passion is to help others achieve their goals while having fun in the process!

Karen Wright  
Certified Zumba Instructor  
"Smiling is contagious, be a carrier"