

# Zumba Has Arrived at Kismet– Don't Miss the Party!!!



Amy Fournier is a powerhouse of inspiration for anyone who wants to re-ignite their passion for life. A certified fitness, dance and yoga instructor, wellness instructor, professional speaker and holistic nutritionist, Amy has been known to motivate people to get off the couch and start living their lives the way they want to.

## Amy's Education & Certifications

- Certified ZUMBA Instructor, Level II
- Certified ZUMBA Gold Instructor
- Certified ZUMBA Toning Instructor
- Certified ZUMBA Chair Instructor
- Syracuse University, B.A.
- Syracuse University Graduate Program, Exercise Physiology and Health Promotion

## Zumba Classes at Kismet

Zumba Basics: Monday 5:45 – 6:15 p.m.

Zumba: Monday 6:15 – 7:15 p.m.

Zumba: Wednesday 9:00 – 10:00 a.m.

Zumba: Thursday 9:00 – 10:00 a.m.

Zumba: Saturday 7:45 – 8:45 a.m.

More Zumba & Bhangra Bellydancing classes coming soon...

**Newcomers Special**  
**\$31 for 31 Days \***

\* Good for Zumba, yoga & kickboxing. Drop-ins, class cards & memberships available, in addition 31-days special.

Kismet Wellness Center – 204 Andover Street, 2<sup>nd</sup> Floor, Andover  
[www.KismetWellness.com](http://www.KismetWellness.com) – 978.289.4155