

Alpha UPKUDO

**Martial Arts
& Fitness**

3 miles past Lake Jackson on US 27 - 5 miles before Havana

To reserve your space call 514 4334

EVERY TUESDAY

6 7pm Adults and Teens

**\$5
per class**



While Zumba embraces all the fundamental principles of fitness, the extraordinary secret behind Zumba is how Zumba magically motivates the body to efficiently burn calories, effectively tone all muscle groups, incorporate full range of motion, and improve the cardiovascular system. Fun and music are the two special motivational ingredients. Utilizing the natural beat, tempo, and music transitions, the Zumba dances seamlessly flow from one toning, strengthening, or cardio move into the next. Participants are constantly engaged and entertained with the variety of rhythms including