



ZUMBA[®]
fitness



SHRINK EVERY- THING BUT YOUR SMILE!

**PROCEEDS GO TO NHHS PTSA
PROJECT GRADUATION!**

Amy Lara-Lowrey

Tuesdays
6:00-7:00pm

Location: Girls' Gym
\$5.00 to attend

Monique Joell

Thursdays
6:00-7:00pm

Location: Girls' Gym
\$5.00 to attend

Lisa Ryan

Substitute Instructor

nhhsptsa@yahoo.com