



The Emma S. Barrientos  
Mexican American Cultural Center

600 River Street, Austin, TX 78701  
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## 2012 Adult Programming

### **Salsa Dance for Beginners- A One Day Workshop**

**Saturday // November 17**

**Time: 2 - 4 pm // Cost: Free**

Interested in learning salsa dance moves? Join instructor Raul Ramirez in a FREE 2-hour salsa workshop designed for the absolute beginner. The class will introduce you to fundamentals of leading and following steps to salsa music. ¡Azúcar!

No partner necessary. Limited space, & pre-registration required.  
Registration closes Wednesday, Nov. 14th

### **Zumba Toning\***

**Tuesdays / November 6 - December 11**

**6 - 7 pm / Drop-in \$6**

**6 week Session: \$30**

Zumba® Toning takes the original Zumba dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weight toning sticks or dumbbells. You'll learn how to use the weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

### **Zumba!\***

**Thursdays / November 1 - December 13 (No class Nov. 22)**

**6 - 7 pm / Drop-in: \$6**

**6 week Session: \$30**

Zumba is an International Latin-inspired, easy-to follow dance fitness class for people of all shapes, sizes and ages. No prior dance experience necessary. Come enjoy an exhilarating, calorie burning fitness hour with instructor Barbara Martin!

### **Yoga in Spanish\***

**Wednesdays / October 31 - December 5 (No class Nov. 21)**

**6 - 7 pm / Drop-in: \$6**

**5 week session for \$25!**

¡Yoga en Español! Come and explore yoga in the language that fully embodies the qualities of yoga - heart felt and expressive. Open to Spanish speakers and anyone interested in experiencing the Spanish language in this exciting and kinesthetic way! Limited mats and towels provided.

\*All fitness class skill level is beginner to intermediate.



The City of Austin is proud to comply with the Americans with Disabilities Act.  
If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3772.