

Tina

Guershon

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fuzemove.com



*Zumba
Class Schedule*

Mondays

Tuesdays

Thursdays

Fridays

6:30pm-7:30pm

Wednesdays

6:45pm-7:45pm

Saturdays

9:30am-10:30am

Zumba Toning

Mondays

7:30pm-8:30pm

Dance Circuit

Thursdays

7:30pm-8:30pm

All Classes Held @

602 McNeil Dr

#108

Round Rock

Newsletter contact:

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Tina Says . . .

'Physical activity can influence your mood. If you are sad, anxious, stressed or upset, go for a walk, stand up and stretch, or take a bicycle ride. Exercise actually increases the chemicals in your brain that help make you feel good!'

AADE, American Association of Diabetes Educators



Announcements

• **There are 33 classes at FuzeMove Fitness this month.**

• **Zumba Rockin Session, Sept 2nd : 6:30-8:00pm**

Join us for the 1st Friday of every month as we Zumba for 1 ½ hours!

Don't forget your water & come jam with us!

• **Enjoy your 1st Toning Class FREE in September.**

• **No Classes scheduled on Labor Day, Monday, Sept. 5th.**

• **Thursday Night Schedule Changes**

Effective in September our Thursday night schedule will be as follows:

Zumba class will be held at 6:30pm every Thursday. Circuit Class will follow at 7:30pm.

• **ACL in September**

FuzeMove Fitness will be demonstrating Zumba routines at ACL, September 16-18th.

• **Shirts**

FuzeMove and Zumba T-shirts are available for purchase at the studio before and after classes. If you would like to pre-order any Zumba item, please ask for more details.

• **FuzeMove Fitness on Facebook :** Find us on Facebook and Like our Page!

• **FuzeMove Fitness in Round Rock Leader**

FuzeMove Fitness was featured in the Round Rock Leader on August 17th.

Go to FuzeMove Fitness on Facebook for link to view featured story.

• **WHAT ARE THE BEST SHOES TO WEAR IN A ZUMBA® CLASS?**

Zumba Fitness recommends that you wear "cross training" or "aerobic" style shoes. They provide the cushion and medial lateral support needed for side-to-side movements. They also have low traction rubber for easy sliding and turning. Please be careful with "running shoes" since they use a heavy tread on the bottom and are designed for forward

movement. <http://www.zumba.com/fac/>

September FuzeMove Social Event

Dinner with Zumba Friends and Family, September 24th.

Make plans to meet for Dinner at 6:30pm at Rudy's BBQ in Round Rock.

BRAG RAG NUZE

A Real Life Journey . . . Sylvia

I have been overweight my entire life and tried many diets and have been a member of many gyms. I could never seem to find anything I enjoyed enough to stick with. Being 41 years old now I pretty much gave up and accepted that I would always be overweight and miserable. Then this year my boyfriend and I decided to plan a trip to Maui, Hawaii. Although I was excited, I was also terrified. I did not want to be that overweight woman who got told she was too fat to fly without purchasing an extra seat. I had nightmares about it. It was horrible. I had to do something. I was not going to be that woman. About this time, my friend, Angela Vargas told me about Zumba. I didn't think it would work. It looked too complicated for me. But I was 275 pounds and was a size 24, something had to change. So I tried it. It was the hardest workout I



had ever done. I had leg cramps before the class was even over. I didn't give up. I made it through the hour workout and I was exhausted. It was the best workout I had ever done and I was HOOKED! With only about a month before my trip I was happy I found something I knew I would stick with. After only 10 classes I dropped 11 pounds and was a size 22. I felt great and proud of myself. This past July we went on our trip and it was amazing. I had no problem being on the beach in my swimsuit. Since returning from Hawaii I have lost another 9 pounds. A total of 20 pounds since mid June! I am now a size 18/20. My daughter told me the other day, "Mom, you look small" I started to cry because I've never felt small. *Zumba is a part of my life now.* Tina and Rosie are such motivating and enthusiastic instructors!! I smile during class, SMILE because it is so much fun and I feel awesome during that hour. I thank Angela, Tina and Rosie. These women have helped change my life by introducing me to Zumba. Thank you ladies!! I encourage anyone of any age or size to try Zumba. It works and it is so much fun. It's one of the best things I've ever done for myself. I now feel strong and powerful.

I look forward to losing more weight and gaining more confidence. Zumba is awesome!

My "before" picture was taken a week before I started Zumba!

Zumba Date Night

Thank You to all the Husbands, Boyfriends, Friends, Sons, who joined us in our Bring Your Date to Zumba Night.

It was great having you there showing your support. Awesome energy and fun.



If you have a "Real Life Journey", would like to share and be featured in our newsletter, please email us at bragragnuze@gmail.com

Dancing is fun, Movement is fun...People are fun!