



École Élémentaire Sunshine Hills Elementary

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September 14, 2017

Dear Parents/Guardians,

We are excited to announce that Zumba will be coming to École Sunshine Hills Elementary on Monday, September 18<sup>th</sup>, Tuesday, September 19<sup>th</sup>, and from Monday, September 25<sup>th</sup> to Wednesday September 27<sup>th</sup>. Zumba is a fitness program that combines Latin and international music with dance moves. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The Zumba program aligns with our K-7 Physical and Health Education curriculum; it promotes physical literacy skills and encourages active movement.

We would like to thank you the PAC for sponsoring this wonderful event.

Thank you,

École Sunshine Hills Elementary Staff



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Pride