

# ZUMBA FOR HOPE



ZUMBA FOR HOPE is a free aerobics class. This is an opportunity for the community to come together to promote hope and safety to the thousands of families impacted by domestic violence while burning over 500 calories.

## What:

A Free Zumba Class. Zumba is a Latin-based aerobics activity that uses rhythms such as cumbia, salsa, reggaeton, flamenco, rumba, and others to create a high-energy exercise experience. For more information about Zumba, please see the following website [www.geocities.com/zumbacaliente](http://www.geocities.com/zumbacaliente)

## Where:

YWCA of Richmond  
6 North 5<sup>th</sup> Street  
Richmond, VA 23219

## When:

5:30 PM, Tuesday December 11, 2007

## Cost:

This is a free class; however, for those wishing to donate, a \$10 donation is suggested. All donations benefit the YWCA Domestic Violence Program.

## Reserve Your Space:

Space is limited. **RSVPs are required.** To reserve your space, RSVP to Nicki Lee at [nlee@ywarichmond.org](mailto:nlee@ywarichmond.org) or call (804) 643.6761 by December 9<sup>th</sup>. Once registered, you will receive a confirmation email.

ZUMBA FOR HOPE is a special benefit for the YWCA of Richmond Domestic Violence Program. The Domestic Violence Program inspires and builds hope for some of the most vulnerable persons in our community. During the last two years, the YWCA has provided over 800 people with emergency shelter and over 5,000 people with telephone and in-person crisis counseling, groups, medical care, court and hospital accompaniment, and information and referrals. For more information about services please contact our 24-hotline at 643.0888.

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