

Hollis YOGA

*The Om Studio for wellness,
yoga and community*

Hollis YOGA, for wellness, yoga and community

Street Location: 3 Hollis Village Marketplace

Postal Address: PO Box 344

Hollis, NH 03049

(603) 617- 4955 www.hollisyoga.com



**THE LATIN-INSPIRED
EASY-TO-FOLLOW
CALORIE-BURNING
FEEL-IT-TO-THE-CORE
FITNESS-PARTY™**



"JOIN THE PARTY!" NEW ZUMBA CLASS

WEDNESDAY 9:30-10:30AM



VISIT US ON LINE FOR MORE INFO: HOLLISYOGA.COM

OR, SEND EMAIL: INFO@HOLLISYOGA.COM; CALL: (603) 617- 4955

LED BY: SALLIE WERST, CERTIFIED ZUMBA INSTRUCTOR

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind cardio fitness program. It is a Latin-inspired easy-to-follow calorie-burning feel-it-to-the-core fitness-party™ Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Sallie Werst is a certified Zumba instructor, received a BA in Marketing with a minor in studio art from Pace University in NYC. While in New York, Sallie had the opportunity to pursue her passion for dance and continued to train extensively with renowned instructors. She has studied with Ballet Austin, Central PA Youth Ballet, Ballet Academy East, and STEPS on Broadway where she was introduced to hip-hop at a guest workshop with dancer/choreographer Darrin Henson. After graduating from college, Sallie began teaching jazz and hip hop at Southern NH Dance Theater in Bedford and Monadnock Performing Arts Academy in Peterborough but felt a need to reach those who did not grow up in a dance studio or did not fit into the student demographic. She revisited NYC to attend a Zumba workshop and loved it! It perfectly combined her love of dance and high energy music with fitness and well being and was something anyone could do. The international rhythms speak for themselves and are easy to follow.

No need to be a Hollis Yoga studio member. To find out more about our studio and schedule of classes, visit us at: <http://www.hollisyoga.com>. Hollis Yoga, is a resident owned yoga studio – located near Hollis center, right off of route 130, in the Hollis Village Marketplace.