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| **TransFormU Wellness Center 275 East Parris Ave Suite#109 High Point, NC 27260**  **Contact number: (336)307-5812 Website:** [**www.kei9799.wix.com/transformu**](http://www.kei9799.wix.com/transformu)  **Like us on Facebook: TransFormU Wellness Center** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1**  **6:30pm Zumba with Dontre**  **7:30pm Zumba Sentao w/Keisha** | **2**  **5:30pm Personal Training**  **7:30pm W.O.W. Dance Party** | **3**  **6:30pm Zumba with Dontre**  **7:30pm Praize Kraze w/Keisha** | **4**  **10am Personal**  **Training**  http://0.tqn.com/d/desktoppub/1/0/U/t/3/4th001.png  **(No Classes)** | **5**  **Post 4th of July workout**  **11:30am Zumba with Keisha** |
| **6**  **4pm Zumba w/Keisha** | **7**  **5:30pm Personal Training**    **6:30pm Zumba Toning w/Keisha** | **8**  **6:30pm Zumba with Dontre**  **7:30pm Zumba Sentao w/Keisha** | **9**  **5:30pm Personal Training**  **7:30**  **pm W.O.W. Dance Party** | **10**  **6:30pm Zumba with Dontre**  **7:30pm Praize Kraze w/Dee** | **11**  **5:30pm Group Personal Training**  **6:30pm Zumba with Dontre**  **7:30pm Head Ova Heels** | **12**  **10am Praize Kraze with Stephanie**  **11:30am Zumba with Keisha** |
| **13**  **2:30pm Praize Kraze/Dee**  **4pm Zumba w/Keisha** | **14**  **5:30pm Personal Training**  **7:30pm Zumba Toning w/Keisha** | **15**  **6:30pm Zumba with Dontre**  **7:30pm Zumba Sentao w/Keisha** | **16**  **5:30pm Personal Training**  **7:30pm W.O.W. Dance Party** | **17**  **6:30pm Zumba with Dontre**  **7:30pm Praize Kraze w/Keisha** | **18**  **5:30pm Group Personal Training**  **6:30pm Zumba with Dontre**  **7:30pm Head Ova Heels** | **19**  **11am Zumba with Keisha**  **5pm Kid’s Party** |
| **20**  **2:30pm Praize Kraze/Dee**  **4pm Zumba w/Keisha** | **21**  **6:30pm Zumba Toning w/Keisha** | **22**  **6:30pm Zumba with Dontre**  **7:30pm Zumba Sentao w/Keisha** | **23**  **7:30pm W.O.W. Dance Party** | **24**  **6:30pm Zumba with Dontre**  **7:30pm Praize Kraze w/Dee** | **25**  **7:30pm Head Ova Heels** | **26**  **(No Classes)** |
| **27**  **2:30pm Praize Kraze/Dee**  **4pm Zumba w/Keisha** | **28**  **6:30pm Zumba w/Keisha**  **7:30pm Zumba Toning w/Keisha** | **29**  **6:30pm Zumba with Dontre**  **7:30pm Zumba Sentao w/Keisha** | **30**  **6pm Zumba Toning w/Keisha**  **7:30pm W.O.W. Dance Party** | **31**  **6:30pm Zumba with Dontre**  **7:30pm Praize Kraze w/Keisha** |  | **Available to rent for events/parties. Please contact Keisha at**  **(336) 307-5812 for bookings.** |

**Pay per class: Pick an option:**

**Regular Zumba $5.00 5 Zumba classes $20.00 ($25.00 value)**

**Zumba Toning $5.00 10 Zumba classes $35.00 ($50.00 value)**

**Zumba Sentao $6.00 (Zumba class passes are for ZUMBA classes ONLY. All other**

**W.O.W Dance Party $3.00 classes will be a separate charge)**

**Praize Kraze $3.00**

**Head Ova Heels $5.00**

**Personal Training $10/session**

**There are no contracts, commitments, or obligations. You pay as you go!**

**There is no rollover on the class passes. They can only be used in the month purchased!**