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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!**