

FREE ZUMBA ALL DECEMBER LONG AT PALMYRA IN MOTION!!!

All December long Palmyra In Motion, LLC is offering Zumba classes **FREE TO THE COMMUNITY**. Here's the schedule, followed by a Q&A so you can understand what is happening at Palmyra In Motion, and why. All classes are one hour long.

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| 1. Thursday December 1, 7PM | 9. Thursday December 15, 7PM |
| 2. Sunday, December 4, 9:30 AM | 10. Sunday, December 18, 9:30 AM |
| 3. Monday, December 5, 7PM | 11. Monday, December 19, 7PM |
| 4. Tuesday, December 6, 7PM | 12. Tuesday, December 20, 7PM |
| 5. Thursday December 8, 7PM | 13. Thursday December 22, 7PM |
| 6. Sunday, December 11 9:30 AM | 14. Monday, December 26, 7PM |
| 7. Monday, December 12, 7PM | 15. Tuesday, December 27, 7PM |
| 8. Tuesday, December 13, 7PM | 16. Thursday, December 29, 7PM |

That's right--we are announcing 16 free Zumba classes in December!
But **PLEASE MAKE SURE YOU READ ABOUT THE CANCELLATION POLICY** below.

Q: Who is teaching these classes? What are her qualifications?

A: The classes will be taught by Leah Bamberger, president of Palmyra In Motion, LLC. Like many of you, Leah came to Zumba as a fun, effective way to lose weight and stay in shape. Leah was a regular at Zumba classes in the city of Rochester for two years before becoming a licensed instructor in October, 2011. Leah prefers an energetic style, but if you're new to Zumba or have issues with knees or ankles, be sure to cut down on jumps and strenuous movements. And always consult a physician before beginning any fitness or exercise program.

Q: I remember that Palmyra In Motion started with three other instructors. Where are they?

A: Palmyra In Motion started with a business model that had three instructors essentially renting space under a facilities use agreement. These instructors ran their classes at Palmyra In Motion, independently contracted with their students, and paid studio usage fees to Palmyra In Motion. For reasons that are beyond the scope of this Q&A, these instructors are no longer associated in any way with Palmyra In Motion.

Q: What's up with the free Zumba classes?

A: Many of our friends and members of our community are--understandably--angry at Palmyra In Motion. Some of you may have shown up to find out your classes had been cancelled. Some of you may have purchased punch cards from previous instructors. We are trying to win you back. That is why the president of Palmyra In Motion--a licensed Zumba instructor--is offering (and has offered since early November) Zumba classes **FREE TO THE COMMUNITY**.

Q: But I came to Palmyra In Motion because I wanted to do yoga. Where are the FREE yoga classes?

A: We are working on that. Stay tuned.

Q: What does "free to the community" mean?

A: The classes are free to residents of Wayne County. If space becomes a problem, we will limit attendance to a narrower radius. Certainly anyone who took classes or purchased punch cards from the previous instructors is welcome--this is all about rebuilding your trust in us. Having said this, we **do** reserve the right to deny admission to the studio--in particular, children under 18 must be accompanied by a parent or guardian.

Q: What if Leah can't get to class? Is there a substitute?

A: No. And that means that one or more of these classes may need to be cancelled. Leah will try like heck to avoid cancellations--that's what got you upset at us in the first place. But if you'd really be bent out of shape by a cancellation, contact Leah at www.palmyrainmotion.com and we'll let you know in advance if we have to cancel a class. Fair enough?