

The Upsilon Chapter of Lambda Theta Alpha
Latin Sorority, Inc. presents

PULSE ZUMBATHON



Dance and break
a sweat for the lives we will
never forget!

August 26, 2016
Mckeldin Mall | 7-9PM
\$3 Donation Suggested



DEPARTMENT OF
WOMEN'S STUDIES



LAMBDA THETA ALPHA
Latin Sorority, Incorporated



LESBIAN, GAY, BISEXUAL, & TRANSGENDER
EQUITY CENTER

Questions? Contact Azalia Hernandez | paradigmoffortitude1@gmail.com

On **Friday, August 26th, 2016** from **7-9pm** at the University of Maryland, College Park, the Upsilon Chapter of Lambda Theta Alpha Latin Sorority, Inc. will host a *Pulse Zumbathon*. We have created this event in order to raise money to support the victims of the tragic shooting that took place on June 12th, 2016 at Pulse Nightclub in Orlando, Florida. With the *Pulse Zumbathon*, we hope to pay homage to the safe space that Pulse Nightclub once was by inviting the community to share an evening of good times and dancing in order to raise money for the victims and their families.

One of our instructors is Drisneidi Villaman:

Dris has been taking Zumba® Fitness classes for about 8 years and has officially been teaching since 2012! Originally from Dominican Republic, music and dance run through her veins since an early age. Through Zumba she has had the opportunity to connect with people from all over the world and share the passion of fitness in a fun, healthy and hypnotic way! She is always ready to add some drizzle of Zumba to your life ;) Just come and dance with her!

Please contact her for updated classes, events and times! [301 302 4315](tel:3013024315) or email drisneidi@yahoo.com

Our second instructor is Vilmarie Alcaraz:

She is almost 40 years old, a paralegal and originally from Puerto Rico. She used to be an aerobics instructor in the '90s and after she finished law school, she found Zumba. She has been a Zumba instructor since July 2010, and indoor cycling since 2013. She used to teach in HCOA Fitness in Puerto Rico pretty much until she moved here. She is not teaching here because of the unpredictable work schedule only when she goes back to PR or for special events like this one.

Contact her at vilmariealcaraz@gmail.com.

And finally we have Rosaline Law:

She is a Professional Clinical Herbalist and has received training as a Health Coach from the Institute for Integrative Nutrition's cutting-edge Health Coach Training Program. Her education has equipped her with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and her knowledge of different dietary theories, she works with clients to help them make lifestyle changes that produce real and lasting results. In March 2011, she became a Licensed Zumba instructor.

Please contact her for classes, events and times! Email her at heavenlybodieslive@hotmail.com or visit her website <http://rosalinelaw.zumba.com/>

So come join us for a fun time while helping us give back!

With Unity, Love, and Respect,

Azalia Hernandez "A"
Lambda Theta Alpha Latin Sorority, Inc.
Upsilon Chapter "The Mecca of Unity"
Line 22 Spring 2016 #1
Community Service Chair