

The Wayne Department of Parks and Recreation is sponsoring **ZUMBA** classes.



9 Week Program
Wednesday
\$56.00 Per Person

When: Wednesdays Beginning **May 2nd - June 27th, 2012**

Where: Health Room #2 - Wayne Municipal Bldg.

Time: 4:45 PM - 5:45 PM

Dawn Kutzelman is a Certified Zumba Instructor

Zumba is fun...it's the type of exercise you'll want to do everyday and feel good about doing it! It's different. You probably never thought you'd be exercising to this type of music. It's effective. It is an aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results. The 60-minute program incorporates footwork and body movements from flamenco, salsa and other dances. Participants pump their legs, windmill their arms, gyrate their hips, clap their hands, dip, slide and spin — all to a frenzied beat that leaves them with flushed cheeks and dripping in sweat. **Anything that gets you up and moving is a good thing!!!!**



Pre-registration required on a first come - first served basis.

Checks made payable to Wayne Township.

Please wear comfortable attire, including sneakers.



2012 Wednesday May/June Zumba Classes

Fee: \$56.00

Name: _____ Address: _____

Cell: _____ Home Phone: _____

E-mail: _____ Check: _____ Cash: _____ Date: _____

I, _____ agree to hold harmless the Township of Wayne, Department of Parks and Recreation and any of its assignees. I further understand that my own insurance company will be responsible for any bills for injuries that I may suffer while participating in the above mentioned activity..