



VILLAGE OF PORT JEFFERSON
RECREATION AND PARKS
 AT THE VILLAGE CENTER
 101-A EAST BROADWAY
 PORT JEFFERSON, NY 11777
 (631) 802-2160

Program: ZUMBA (Regular)

Dates: Tuesdays

May 31, June 7, 14, 21, 28, July 5, 2011 (6 sessions)

Time: 7:15 - 8:00 PM

Location: Port Jefferson Village Center

Instructor: Denise Faicco

Fee: \$42/ Residents \$48/Non-residents

(Please make checks to Inc. Village of Port Jefferson)

Zumba® A very high energy class that combines exotic rhythms with international beats allowing participants to dance away their worries, as well as 500-700 calories. The program is based on the principle that a workout should be FUN and EASY TO DO! This class is not only great for the body, but is also great for the mind. It is a "feel-happy" workout that is effective, addictive, and totally exhilarating, often building a deep-rooted community among returning students. Be prepared to sweat and smile!

Students should wear comfortable clothing and bring a water bottle.

REGISTRATION DEADLINE: MAY 29



Zumba Regular

MAY 31 – July 5

Name: _____

Address: _____

Phone: _____

Email: _____

How did you hear about us? _____

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SIGNATURE _____ DATE _____

For Office Use Only

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