



Town of Clifton Park

One Town Hall Plaza • Clifton Park, New York 12065 • (518) 371-6651 • FAX: (518) 371-1136

NOV. 22, 2010

OFFICE OF THE SUPERVISOR

REGISTRATION OPEN FOR ZUMBA FITNESS CLASS

Ages 14 and up! Ditch the workout and join the party!

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: for you to want to work out, to love working out and to get hooked.

Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Wear comfortable clothes to sweat in. Sneakers should have a smooth surface (avoid sneakers with a lot of traction – dance sneakers are ideal) to allow for sliding and pivoting.

Date: January 4, 2011 - March 15, 2011 on Tuesday evenings (no class on 2/22)

Time: 6:00pm - 7:00pm

Site: Shenendehowa Adult Community Center

Fee: \$70.00 for 10 week session

For information, call 371-6667. This fitness program is sponsored by the town's Office of Parks, Recreation and Community Affairs.



PHILIP C. BARRETT
Supervisor

LYNDA M. WALOWIT
Councilwoman

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Councilman

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