

"ZUMBA GOLD" FITNESS!

CLASSES FOR THE ACTIVE SENIOR OR BEGINNER

Our Thursday session of our "Zumba Gold" fitness will be held in on Thursday afternoons at 2:15 pm at The Senior Center. Each 45 minute class, teaching the basics of "Zumba" exercise, is led by Felicia Lovaglio, our certified "Zumba" exercise instructor. This class is geared for seniors or the beginner adult. The ten week session will begin Thursday, March 8th. The price for the session is \$60.

To register this class, please fill out the form below and return it to the Recreation Office at 108 Rockaway Ave.

"ZUMBA GOLD" EXERCISE – Thursdays at 2:15 Beginning Thursday, March 8

Name _____ **Birthdate** _____

Address _____

Phone _____ **Emergency Phone** _____

Price - \$60. Please make your check payable to the "Inc. Village of Garden City"

I certify that I am in good health and able to participate in the activity listed above. I understand that there are risks associated with participation in this event, and hold harmless the Inc. Village of Garden City, its officers, agents, and employees.

Signature _____

