

AQUA ZUMBA CLASSES AT THE LYNDHURST COMMUNITY POOL

THE LYNDHURST COMMUNITY POOL PRESENTS A PROGRAM THAT'S FIT FOR YOU

Certified Aqua Zumba instructor Marisa Gelsomino will be conducting a new type of exercise at the pool. Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



WEDNESDAY SESSIONS START AT NOON ON NOVEMBER 30TH AND RUN THROUGH FEBRUARY 15TH.

FRIDAY SESSIONS START AT 11:00 AM ON DECEMBER 2ND AND RUN THROUGH FEBRUARY 17TH.



*Please note that for the month of **January 2017**, classes will run on **Mondays and Wednesdays at 11 AM.***



**CLASS IS OPEN TO ALL! RESIDENTS AND NON RESIDENTS ARE ELIGIBLE
THE COST FOR THE 12-WEEK SESSION IS:
\$60 FOR 1 CLASS PER WEEK; \$99 FOR 2 CLASSES PER WEEK.**

Sign up for classes at the Lyndhurst Parks and Recreation Office located at 250 Cleveland Avenue, Lyndhurst NJ 07071, (201) 804-2482. Checks should be made payable to: *Township of Lyndhurst*

*****NO REFUNDS FOR ANY REASON*****

*****CIRCLE ALL CLASSES THAT YOU WILL ATTEND:**

WEDNESDAY

FRIDAY

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP _____

EMAIL: _____ PHONE: _____

For Department Use Only:

DATE PAID: _____ **AMOUNT:** _____ **Credit Card** **Cash** **Check #** _____