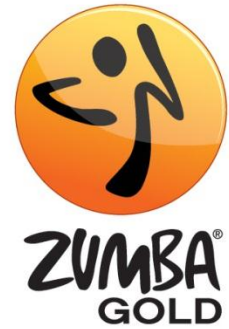




**We are back!**



**Zumba: Monday's from 5:15-6:15**

*Starting September 8<sup>th</sup>*

*Where: Sandburg Cafeteria (land version)*

*Instructor: Melissa Gordon*

**Aqua: Tuesday's 7:00-8:00 (may add another class later).**

*Starting September 9<sup>th</sup>*

*Where: Sandburg Pool yes you are in the water*

*Instructor: Our own Melissa Gordon*

*\*\*\*if you own a pair of water shoes please bring them\*\*\**

**Cost:** \$40.00 for one 10 week session with a minimum of 10 participants. If you join all three classes the cost is \$120.00 We must have our minimum numbers to run the class.

*Zumba* has become nothing short of a revolution. Coining the concept of "fitness-party" and making fitness fun. We want people to want to work out, to love working out, and to get hooked. By integrating Zumba into everyday life individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, and body energizing movements meant to engage and captivate for life!

Please complete the form below and return ASAP with your check made out to Neshaminy Wellness to:  
Kathy Giambelluca at Curriculum, Instruction & Assessment.

**Please complete and return to (or complete and give to instructor with your check made out to Neshaminy Wellness)  
Kathy Giambelluca at Curriculum, Instruction & Assessment ASAP - Zumba - 10 week Session**

Name: \_\_\_\_\_

E-mail Address \_\_\_\_\_

School/Sponsor Name: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

**Check Session:** Monday Zumba: \_\_\_\_\_ Tuesday Aqua Zumba: \_\_\_\_\_

**No refunds once the program has begun**