



# ZUMBA<sup>®</sup>

FITNESS

## Ditch the Workout, Join the Party...

☺ West Hanover Parks & Recreation presents... ☺

**An 8-week ZUMBA class!!!**

**August 25th and runs thru October 13th, 2010.**

ZUMBA is a dance exercise program that keeps everyone motivated by creating a party like atmosphere. The Instructor will take the students through a combination of latin dance steps such as merengue, reggaeton, cumbia and salsa. ZUMBA fitness is mostly everyone laughing , smiling and letting loose! All fitness levels welcome!

**Program Fee: 8 weeks for \$40.00**

**When: August 25<sup>th</sup> thru October 13<sup>th</sup>**

**Time: Wednesdays 7:30pm-8:30pm**

**Where: West Hanover Recreation Center**

**(628 Walnut Ave. Hbg. Pa.)**

**Instructor: Pam Blanch-Friedrich**

Registration forms and payment must be mailed to West Hanover Township prior to the deadline or stop by the office. For more information, call Dixie at 540-6076.

