

ZUMBA!

Fitness with Sandy

@ the Fishkill Recreation Center



APRIL SPECIAL

2 for 1

Bring a FRIEND split the cost
8 classes for \$50



TUESDAY 7PM-ZUMBA FITNESS 55 MINUTE CLASS ZUMBA involves
dance and aerobic movements performed to energetic music. The choreography
incorporates hip-hop, soca, samba, salsa, merengue and mambo!
4/02- 4/09- 4/16 -4/23 No Class 4/30

THURSDAY 7PM- ZUMBA TONING-45 MINUTE CLASS using light weights to
choreographed routines with Latin music focusing on toning the upper and lower
body! **4/04-4/11- 4/18 & 4/25**

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must have 10 participants to run SPECIAL