



Ditch the Workout. Join the Party!

Zumba[®]

Starting Monday, January 16th 6:30-7:30 pm



IT'S FUN, IT'S FITNESS, IT'S ZUMBA!

Classes taught by a certified instructor

Session is 10 classes over 10 weeks

Sign up for 8-10 classes at \$10/class

\$15 for individual classes

Purchased classes must be taken within session

Please bring water and a towel

Wear comfortable clothing

A minimum of 10 people are needed to begin

NET PROCEEDS BENEFIT UACCNJ!

Register the first day of class

or mail payment to Energy in Motion LLC

PO Box 53, Rockaway NJ 07866

Make checks payable to UACCNJ/Zumba



Ukrainian-American Cultural Center of New Jersey
60-C North Jefferson Road, Whippany, NJ 07981

Class dates are: Jan 16, 23, 30, Feb 6, 13, 20, 27, March 5, 12, 19

Everyone 15 years and older is welcome. Classes are held in the Main Ballroom. Registration fees are not refundable.

All participants need to sign a release form upon arrival at first class.

PREREQUISITE: Check with your doctor before participating in this strenuous workout. Contact Tiffany (973) 983-9554 with any questions.