



## **WINTER 2019 – ZUMBA**

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

### *How It Works*

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

### *Benefits*

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Tuesdays (8 Weeks) - 7:00 p.m. – 8:00 p.m.**

Feb. 5 – March 26

Cost: \$65.00

Location: Whitehall Elementary School Gymnasium

\*Winter session dates are subject to change\*

**REGISTRATION WILL BE TAKEN AT THE TOWNSHIP BUILDING UNTIL FEBRUARY 1, 2019  
MONDAY – FRIDAY, 8:00 A.M. – 4:30 P.M. OR PRINTED ONLINE AT**

**[WWW.WESTNORRITONTWP.ORG](http://WWW.WESTNORRITONTWP.ORG) AND MAILED TO**

**1630 W. MARSHALL ST,  
JEFFERSONVILLE, PA, 19403**

**ONLINE REGISTRATION IS ALSO AVAILABLE!  
NO LATE REGISTRATIONS!**

**ANY QUESTIONS, PLEASE CALL THE RECREATION DEPARTMENT AT 610-630-1251.**

