



Session 1

For: Adults, 17 and older
Day: Thursdays
Dates: September 29 - November 10
 (No program 10/27, 6 week program)
Time: 6:30 - 7:45pm
Fee: \$60, non-residents add \$10
Location: Gym, Robert K. Finn Ryan Road School
Instructor: Lynne Smith



ZUMBA

Session 2

For: Adults, 17 and older
Day: Thursdays
Dates: January 12 - February 16
 (6 week program)
Time: 6:30 - 7:45pm
Fee: \$60, non-residents add \$10
Location: Gym, Robert K. Finn Ryan Road School
Instructor: Lynne Smith

****Walk-ins are welcome. Fee is \$12 per class****

ZUMBA is a combination of Latin and International music that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Don't miss out on the fun!

For more info. contact the Recreation Dept. at 587-1040, 90 Locust St. or www.northamptonma.gov/recreation

Zumba 2011/2012



Participants Name: _____

Address: _____
 (Please Print) # street town state zip code

Home Phone: _____ Work Phone: _____ Cell: _____

Comments (allergies, etc): _____

Email (optional): _____

Emergency Contact: _____ Phone: _____

Please check the program(s) that you are registering for:

- Zumba (Fall session) -Thursdays September 29 - November 10 (6 weeks, no program 10/27)
 Fee: \$60 (non-residents add \$10)
- Zumba (Winter Session) - Thursdays January 12 - February 16 (6 weeks)
 Fee: \$60 (non-residents add \$10)

Mail to: Northampton Recreation Department, 90 Locust Street, Northampton, MA 01060

Checks payable to: Northampton Recreation Department

Charge my(circle): Visa/MasterCard/Discover

Card # _____ Exp. Date: _____

Cardholders Name: _____ Signature: _____

For Office use only: Total Paid \$ _____ cash/check/charge Date _____ Rectrac Entered _____