



Are you ready for some ZUMBA!

Willington Parks & Recreation
ZUMBA Session 4
Starting September 7- October 12
Tuesday nights 6:30 pm -7:30 pm.
6 week program for \$45.00

Center School All Purpose Room-12 Old Farms Road

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba(r) Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba(r) class!

Instructor: Sheri Henderson LIMITED TO 40
Minimum of 10 to run class

Call Teri Gareau at 860-487-3108 or email at tgareau@willingtonct.org

Register By September 1st

