

Discover the benefits of
Zumba Gold!

This series of fitness programs is specifically designed to take the exciting Latin and International dance rhythms and bring them to beginner participants and active older adults. Its fun, different, easy and effective!



Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

www.mountainside-nj.com/recreation.htm

(908) 232-0015

Zumba Gold!



*Discover
the
benefits!*

Zumba Gold Jan/Feb 2012

Name _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

Circle Choice Below

MON. EVENINGS	WED. EVENINGS
\$68 res.	\$90 res.
\$76 non-res.	\$100 non-res.

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give my permission to be photographed, and for the photographs to be used in Recreation Department materials.

Signature of Participant

Amount enclosed \$ _____

Jan/Feb 2012

Zumba Gold Jan/Feb 2012

DATES

Monday
January 9, 23, 30
February 6, 13, 27

Wednesday
January 11, 18, 25
February 1, 8, 15, 22, 29

INSTRUCTOR

Laurie Rose
Zumba Gold Instructor

PLACE

Mountainside Borough Hall
Community Room (2nd Floor)

TIME

Monday
7:00-7:45 pm

Wednesday
6:00-6:45pm

FEES

Monday:
\$68 resident
\$76 non-resident

Wednesday:
\$90 resident
\$100 non-res.



WHAT TO WEAR

Comfortable work out clothes and dance or cross training sneakers

WHAT TO BRING

Bring a water bottle and positive attitude!

DECORUM

Zumba Gold is meant to be fun!
Feel free to let loose!

PRE-REGISTRATION IS

REQUIRED!

ENROLLMENT IS LIMITED!

Please return registration form with a check payable to the **Mountainside Recreation Department** to:

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

Any questions? Call (908) 232-0015 or visit www.mountainside-nj.com/recreation.htm.