

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](http://www.mountainside-nj.com/recreation.htm)

(908) 232-0015

# Zumba Gold!



*Discover  
the  
benefits!*

Zumba Gold  
July/Aug 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

**MONDAY EVENINGS**

\$57 res.

\$64 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 \$ \_\_\_\_\_

**July/Aug 2010**

Zumba Gold  
July/Aug 2010

**DATES**

*Monday*  
July 19, 26  
August 2, 9, 16

**INSTRUCTOR**

Laurie Rose  
**Zumba Gold Instructor**

**PLACE**

Mountainside Borough Hall  
Community Room (2nd Floor)

**TIME**

6:00-6:45pm

**FEES**

*Monday:*  
\$57 resident  
\$64 non-resident



**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](http://www.mountainside-nj.com/recreation.htm).