

# Zumba Fitness for Adults

**It's Fun, It's Different, It's Easy! It's Effective, It's Zumba !!!**

Latin-inspired, dance-fitness class that incorporates music and dance movements. Format combines fast and slow rhythms that tone and sculpt the body to achieve a unique blended balance of cardio and muscle-toning benefits.

It is also great for the mind. The combination of high energy and motivating music allows you to dance away your worries.

**Fee:** \$50.00 per session (8 classes), You may register for 1 day per session, \$25.00, or 3 days per session, \$75.00. However, you can only attend on your registered days.

**Instructor:** Rocio Wallace, Instructor

## Gause School Gym

**Tuesdays and Thursdays**

4:30-5:30 PM

**Feb. 23-Mar. 18 Code: 2012-10**

and/or

**Mar. 23-Apr. 22 Code: 2068-10**

(no classes the week of March 29, Spring Break)

## Hathaway School Gym

**Mondays and Wednesdays**

4:30-5:30 PM

**Feb. 22-Mar. 17 Code: 2067-10**

and/or

**Mar. 22-Apr. 21 Code: 2069-10**

(no classes the week of March 29, Spring Break)



### Questions:

Please call Kathy, 360-954-3839

### To Register:

**Bring the completed registration form with payment to Hathaway School Portable D, 630 24th St., Washougal or mail to P.O. Box 559, Washougal WA 98671.**

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## REGISTRATION FORM

Student's Name (please print): Last \_\_\_\_\_ First \_\_\_\_\_

Phone: Home # \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Male Female

Code #	Class Title	Fee

Office Use Only: ✓ # \_\_\_\_\_ Rec. # \_\_\_\_\_

**\$ Enclosed**