



East Hanover Recreation Department (973-428-3090)



ZUMBA™ Fitness Class Program - WINTER 2012 (1 Session of 24 Classes)

Co-Sponsored with Olimpia's Fitness Training Inc.

START YOUR NEW YEARS RESOLUTIONS WITH ZUMBA™!

Zumba™ combines high energy and motivating music with unique moves and combinations that allows you to dance away your worries. It is based on the principle that a workout should be "FUN AND EASY TO DO"! Zumba™ is not only great for the body, but is also great for the mind. It is a "feel happy" workout. This class is open to all fitness levels.

OPEN TO: ADULTS (16 years and older)

WHERE: East Hanover Recreation Center, Fifth Street, East Hanover

WHEN: Tuesdays & Thursdays (Beginning Tuesday, January 10, 2012)

Tuesdays: January 10 – March 27, 2012

Thursdays: January 12- March 29, 2012

TIME: 7:00-8:00 PM

REGISTRATION FEE: We are offering a discount on signing up for both days. Regular cost would be \$192.00. If you sign up for both days, cost is \$180.00. One day per week is \$96.00 (non-refundable). If attending only one day per week, please indicate the day (Tuesday or Thursday.) Registrations DUE by Monday, January 2, 2012. Class is on a First Come, First serve basis and classes fill up quickly. There is no drop in classes.

*Make checks payable & mail to: Olimpia's Fitness Training Inc, 29 Puddingstone Way, Florham Park, NJ 07932

PLEASE NOTE: All Participants should wear comfortable attire & sneakers.

Class size is Limited to 25 Participants/ Minimum 12 on a First Come, First Served basis. Questions? Contact musclesinmotion@yahoo.com

ONE FORM PER PARTICIPANT

Detach Here

DO NOT WRITE BELOW

2012 WINTER EVENING ZUMBA™ PROGRAM

Cash	Check#	Amount	Date Rec'd
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Name _____ Age _____ Female _____ Male _____

Address _____ / _____ / _____

Street/PO Box

Town

State

Zip

Home Phone# _____

Emergency Phone # _____

Cell Phone # _____

E-Mail Address _____

Class attending: Tuesday _____ Thursday _____ Both _____

Do you have any health condition(s) the Recreation Staff should know about? No _____ Yes _____

Explain _____

THE EAST HANOVER RECREATION DEPARTMENT & OLIMPIA'S FITNESS TRAINING INC. RECOMMEND THE DISCLOSURE OF RELEVANT HEALTH INFORMATION. UNLESS THE EAST HANOVER RECREATION DEPT AND OLIMPIA'S FITNESS TRAINING ARE NOTIFIED IN WRITING, STAFF WILL BE FORWARDED ALL INFORMATION ON THE REGISTRATION FORM, INCLUDING HEALTH CONDITIONS. ADULT'S SIGNATURE ALLOWING PARTICIPATION AND WAIVING CLAIMS THAT MAY RESULT FROM INJURY DUE TO FITNESS ACTIVITY.

SIGNATURE

DATE