



Ditch the routine and Join the Party!

Dance your way to a **fitter** you
Exciting and unique **Latin moves** and rhythms
Zumba, the class that is taking the world by storm

The routines feature aerobic interval training
A combination of fast & slow rhythms that tone & sculpt the body

Zumba with Lindsey

Mondays and Wednesdays @ 7PM
Veterans Building
210 Halstead Ave, Harrison
Across from St. Gregory's Church

HARRISON RECREATION DEPARTMENT PRESENTS
ZUMBA at 2 NEW LOCATIONS!
Starting January 23, 2012

Sollazzo Center
270 Harrison Ave
Mondays 9:15 am

Leo Mintzer Center
251 Underhill Avenue
Tuesdays 9:15am and 6pm

For further information contact:
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914-400-7477

