

Woodstock Recreation Presents



Winter 2017 Session

When: Monday Evenings: November: 13, 20, 27 December: 4, 11, 18
Time: 6:00 – 7:00 PM
Where: Woodstock Town Hall (*lower level*) 415 Route 169
Cost: \$42.00 (6 classes) or \$35.00 (4 classes)

Pre-Registration is Preferred – Drop-In Rate: \$10.00 per class

The Zumba® program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. A Zumba class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

Name: _____ Age: _____ Phone: _____

Address: _____

Email: _____ Emergency Contact: _____

Are there any medical conditions that the Woodstock Recreation Commission or Instructor should be aware of? _____

Disclaimer: I, _____ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock or Instructors liable for any injury sustained by me or our/my child while participating in the Zumba® Program sponsored by the Woodstock Recreation Commission.

Signature: _____ Date: _____

Check payable to “WRC”. Pre-register by submitting this form with payment to:
The Woodstock Recreation Department
215 Coatney Hill Rd, Woodstock, CT 06281.

For more information contact Diane Converse at Recreationdirector@woodstockCT.gov or call 860-315-5175. Registration available on Town website woodstockct.gov.

No refunds.

Comfortable fitness clothing and sneakers required.
Must be 16 years and older to participate.
Children under 18 years must have parental consent.