

Woodstock Recreation Presents



Summer 2018 Session

When: Wednesday Evenings: July: 18, 25, August: 1, 8, 15, 22, 29

Time: 6:30 – 7:30 PM

Where: Woodstock Town Hall (*lower level*) 415 Route 169

Cost: \$50 (7 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
415 Rte 169,
Woodstock, CT 06281.

In the event of inclement weather, makeup classes may not be available.

For more information contact Crystal Adams at recreationdirector@woodstockct.gov or call 860-928-6595 x305. Registration is available on the Recreation Commission page of the 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.