



# Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.

**Instructor: Kathleen Jones**



Five Tuesdays  
April 10-May 8, 2012  
7:00-8:00 pm  
Churchill Gym (behind Stamford Library)  
117 Main St, Stamford, NY  
*\$15 Enrollment Fee in Cornell Cooperative  
Extension of Delaware County*



**Dress in comfortable "fun" workout clothing and wear exercise shoes with a smooth tread for fast footwork.**

**Bring water and a towel too!**



**Cornell University**  
Cooperative Extension  
of Delaware County

Cornell Cooperative Extension offers employment and program opportunities and access to all people regardless of race, color, national origin, gender, age, or disability. If you have special needs, contact Cornell Cooperative Extension of Delaware County at (607) 865-6531.

## Registration is required.

Class size is limited so register to attend classes by calling Cornell Cooperative Extension at 607-865-6531 or emailing [vsd22@cornell.edu](mailto:vsd22@cornell.edu).

Visit our website at [www.ccedelaware.org](http://www.ccedelaware.org).

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