



The Samuel Field Y is offering Zumba Classes
 Monday nights from 6:15 PM to 7:15 PM
 58-20 Little Neck Parkway, Little Neck, NY 11362

Low impact movement with high –energy, easy to follow moves.

Certified Zumba Instructor, Stefanie Losonci incorporates low-high impact Movement. It is for anyone who wants the cardiovascular benefits of regular Zumba while having fun.

This one hour class will help you improve your strength, balance, endurance and overall well being, while grooving to lively music that you cannot help but dance to! Come join the party!
 Free Preview class upon request

Eight Weeks - \$80.00

Classes will meet on :
 August 14th, 21st
 September 11th, 18th, 25th
 October 2nd, 9th, 16th

For more information or to register please contact
Nancy Amalfitano at 718-225-6750 Ext. 228 / Namalfitano@sfy.org

COME SEE WHY ZUMBA IS CALLED "EXERCISE IN DISGUISE"

Zumba: Aug 14 - Oct 16

Name _____ Phone _____

Address _____

Amount Paid: Cash _____ Credit Card _____