



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 718-225-6750

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

Certified Zumba Instructor, Dana Morrissey 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!

Eight Weeks - \$80.00

Free Preview class upon request

Classes will meet on :
June 5th , 12th , 19th , 26th
July 3rd, 10th, 17th , 24th

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

COME SEE WHY ZUMBA IS CALLED "EXERCISE IN DISGUISE"

Zumba: June and July 2017

Name _____ Phone _____

Address _____

Amount Paid : Cash _____ Credit Card _____