



The Ringwood Recreation Department, Ringwood Health Department and Chilton Memorial Hospital are pleased to sponsor

ZUMBA GOLD!

For Seniors

WHERE: Ringwood Public Library
30 Cannici Drive, Ringwood

WHEN: Tuesdays & Thursdays 10:am-11:am
Begins on Tuesday, February 2nd, 2010

FEE: FREE!

WHAT TO WEAR: Comfortable, light-weight clothes & supportive sneakers

*Monthly Health Education sessions will be provided:
February 25th, March 25th, April 22nd, May 20th and June*



**ZUMBA[®]
GOLD**

Zumba-It is Fun..It is different. It is easy and effective. This Latin-inspired, dance fitness class incorporates Latin and international music and dance movements creating a dynamic, party like atmosphere. The class combines fast and slow rhythms designed to tone and sculpt the body in an aerobic /fitness fashion..

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designed for Seniors.*