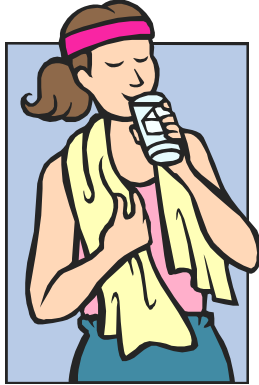




ZUMBA



Deep River Recreation Center
1529 Skeet Club Road, High Point, NC 27265
(336) 883-3407 • www.highpointnc.gov/pr
High Point Parks & Recreation

Monday & Wednesday
7:00pm - 8:00pm
\$5.00 per class or \$20.00 for 5 classes

This is a fun way to get yourself into shape. This class combines Latin dance moves with the live vibrations of music that won't let you stand still. The routines will include interval sessions where fast and slow rhythms and resistance will be used to help you burn calories, improve your endurance, tone muscles and get you ready for a night on the town. This is a new wave of exercise that will make you love working out.

Zumba

Name: _____ Age _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Phone: _____

E-mail Address: _____

How did you hear about this program? Website _____ Leisure Guide _____ Other: _____

If other, please specify: _____

FOR OFFICE USE ONLY

Date Paid: _____ Amount Paid: _____ Staff Initials: _____

Receipt # _____