

GOLD ZUMBA

Enjoy this popular, lively form of fitness and exercise to zesty Latin music, like salsa, meringue and cumbia. This exercise improves flexibility, strength, tone, and overall fitness.

Instructor: **Lavinia Ferguson**
Mondays January 9 through 2/27
(NO CLASS 1/16 and 2/20)

Time: **2:00 p.m. – 3:00 p.m.**

Location: **Springfield Township Building**
50 Powell Road, Springfield

Fee: **\$28 for 6 weeks**



For further information, please contact
Senior Community Services
484-496-2143

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REGISTRATION FORM FOR SPRINGFIELD GOLD ZUMBA

MAIL THIS FORM WITH PAYMENT TO:

Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033
 Attention: Lori

Make checks payable to **SENIOR COMMUNITY SERVICES**

First Name	Middle Initial	Last Name	
Home Address (include number and street or box no.)		Birth Date	
City	State	Zip	Municipality
Phone # (REQUIRED in case you need to be contacted)		E-mail Address	