

Woodstock Recreation Presents



Instructor Martha Goldstein-Schultz  
FALL 2017 Session

**When: Monday Evenings: September: 11, 18, 25 October: 2, 16, 23, 30**  
**Time: 6:00 – 7:00 PM**  
**Where: Woodstock Town Hall (lower level) 415 Route 169**  
**Cost: \$50 (7 classes) or \$35.00 (4 classes)**

**Pre-Registration is Preferred – Drop-In Rate: \$10.00 per class**

**The Zumba® program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. A Zumba class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Are there any medical conditions that the Woodstock Recreation Commission or Instructor should be aware of? \_\_\_\_\_

**Disclaimer:** I, \_\_\_\_\_ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock or Instructors liable for any injury sustained by me or our/my child while participating in the Zumba® Program sponsored by the Woodstock Recreation Commission.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check payable to “WRC”. Pre-register by submitting this form with payment to:  
The Woodstock Recreation Department  
215 Coatney Hill Rd, Woodstock, CT 06281.

For more information contact Diane Converse at [Recreationdirector@woodstockCT.gov](mailto:Recreationdirector@woodstockCT.gov) or call 860-315-5175. No refunds.

Comfortable fitness clothing and sneakers required.  
Must be 16 years and older to participate.  
Children under 18 years must have parental consent.