

Woodstock Recreation Presents



Winter 2018 Session

**When: Monday Evenings: January 8, 22, 29; February 5, 12, 26; March 5**

**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:  
Woodstock Recreation Department  
415 Route 169, Woodstock, CT 06281.

In the event of inclement weather, makeup classes may not be available  
For more information contact Diane Converse at [Recreationdirector@woodstockCT.gov](mailto:Recreationdirector@woodstockCT.gov) or call 860-928-6595 x305. Registration available on Town website [woodstockct.gov](http://woodstockct.gov).

**No refunds.**

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