

Congregation Beth-El Presents "GET FIT" EXERCISE CLASSES



Senior Aerobic Dancercise: Designed for seniors, includes movements for increased flexibility and improvement of the cardiac system, with lively music accompaniment. Tuesdays from 10:00-11:00 am, March 6- April 3, 2012.

Zumba: Exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness that's moving millions of people toward joy and health. Thursdays from 8:30-9:30 pm, March 1, 8, 22, 29 & April 4, 2012.

Cost - \$50.00 per set of classes

Each class is 5 weeks- no make-up classes. Pre-payment is required. You may register for one or both classes. Maximum number of participants is 25 per class. Please complete form below and return to Congregation Beth-El, 99 Jerusalem Avenue, Massapequa, NY 11758. Classes are open to the general public. Please wear sneakers & comfortable clothing. For more information call the synagogue office @ 516.541.0740.

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Zumba & Senior Aerobic Classes at Congregation Beth-El
(Please respond by February 15th)

Name: _____ Phone # _____

Senior Aerobic Class: _____ Zumba Class: _____

Total amount of Check enclosed \$ _____ (payable to Congregation Beth-El)