This fitness class fuses Latin dance rhythms and easy-to-follow moves to create a dynamic fitness program that provides body sculpting and toning, while giving an effective and FUN cardio workout. The music alone will get your heart pumping! Zumba’s goal is simple - “To want you to want to work out, to love to work out, and to get hooked!”

Instructor: Paula Harrington, certified Zumba instructor. Paula also teaches Zumba for NYS employees at the Corning Tower.

*TWO Summer Classes*

Tuesdays (10 weeks), June 2 – August 4
Class fee $60.00
and
Thursdays (10 weeks), June 4 – August 6
Class fee $60.00

12 noon – 12:45 pm
Location: PAC Lab Theatre - 2nd floor

You must register online for each class separately. Make check payable to: Paula Harrington
Registration deadline: Thursday, May 28

NOTE: If you are registering for both classes, you only need to write one check.

To Register Contact: Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu  442-5483
Or, register online: http://www.albany.edu/eap/event_sign-up.htm

Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, UAS employees, GSEU members, and retirees.