TWO Summer Classes

Tuesdays (9 weeks), June 7 – August 9*
Class fee $54.00

and

Thursdays (8 weeks), June 16 – August 11*
Class fee $48.00

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: Friday, June 3

*No classes on July 26 and 28

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

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

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!”

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.