ZUMBA® has University Employees Moving!

Zumba 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: Meighan Carivan-Esmond is a certified Zumba® and Nia instructor.

*Two Summer Classes*

**Mondays** (10 weeks), June 7 – August 16
*No class on July 19th – Class fee $40.00

and

**Wednesdays** (9 weeks), June 9 – August 18
*No class on June 23rd & July 21st – Class fee $36.00

12 noon – 12:45 pm
Location: TBD

You must register online for each class separately. If taking both classes, you can write one check — made out to Meighan Carivan-Esmond.

Space is Limited. Register Early!
**Deadline to Register & Pay is June 2nd**

To Register Contact: Brenda Seckerson, EAP Coordinator
bseckerson@uamail.albany.edu 442-5483
Or, register online: EAP website www.albany.edu/eap

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