By now you’ve heard the buzz about Zumba! 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: Meighan Carivan-Esmond is a certified Zumba® and Nia instructor.

**TWO Summer Classes**

**Tuesdays** (8 weeks), June 12 – August 7
*No class on July 24 – Class fee $32.00
and
Thursdays** (8 weeks), June 14 – August 9
*No class on July 26 – Class fee $32.00

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

You must register online for each class separately. If taking both classes, write one check. Make check payable to: Meighan Carivan-Esmond

Registration deadline: Friday, June 8

To Register Contact: Brenda Seckerson, EAP Coordinator
bseckerson@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, UAS employees, GSEU members, and retirees.