ZUMBA®

The EAP summer tradition continues!

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 (8 weeks), June 5 – July 31*
Class fee $48.00
and
Thursdays (8 weeks), June 7 – August 2*
Class fee $48.00

Noon – 12:45 pm
Location: Dance Studio, Campus Center West Extension

You must register online for each class separately. Make check payable to: Paula Harrington
Registration deadline: Friday, June 1. Submit payment to EAP Office, MSC Room 200.

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

*No classes week of July 4.

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