



DCS EXERCISE CLASS

(Winter 2019)

Zumba

Zumba is a fusion of Latin and International music; the routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body!!! Wear footwear that allows pivoting.

Instructor: Angela Thomson

*** Resident registration begins Jan 2, 2019; Non-resident registration begins Jan 14, 2019 ***

For your first class/activity, you must complete the "Login" profile on the website www.hampton-pa.org, then register and pay online. Classes are found in the Online Registration link. Or, you can come into the Community Center and pay with a check or cash at the Service Desk after a Login profile if created, if needed.

Session 1:

Time: 6:30 – 7:30pm
Dates: January 24 – March 21 (no class Feb. 28)
Day: Thursdays (8 classes/session)
Fee: \$40 Resident; \$45 Non-Resident
Registration Deadline: Tuesday, January 22

Each session: Min. 8 / Max. 20

***Dates subject to change

Walk-ins are welcome if space is available. Please call first for availability.

Walk-in fee: \$8.00 per person, per class. Pay at the Service Desk prior to class.

**412-487-7870 for
more information**

Zumba's Back!!