

y o g a YOGA ON YORK

STRENGTHEN THE BODY.. QUIET THE MIND.. NOURISH THE SOUL..



**ZUMBA[®]
GOLD**

Zumba Gold

Zumba Gold is a fitness aerobic dance system. Enjoy learning the rhythms of salsa, merengue, flamenco, cubia, swing, samba and belly dance. Zumba Gold was created to emphasize the basics, this explosive dance-fitness program is easy to follow and is great for the mind, body and soul!

Join the Zumba Gold party at
YOGA ON YORK with Nina El-Badry!

**5 Week Session ~ Wednesday Evenings ~
\$35**

**April 28, May 5, May 12, May 19, May 26
7:15 - 8:00 PM**

**\$35 - Pre-register to secure you spot as this class fills quickly.
(No extra charge for those with Monthly Unlimited Cards)**

**Fill out and return registration form below.
Return by mail or the drop-box outside studio door.**

\$10 drop-in is permitted if space available, please call first.

250 York Street | York, Maine 03909 207 | 363-YOGA (9642) www.yogaonyork.com

Zumba Gold REGISTRATION FORM

Please detach this lower blue portion and return to YOGA ON YORK with your check or cash payment of \$35 to register for this 5-week series.

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____