

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 moving to the rhythms of salsa, merengue, flamenco, cumbia, swing, samba, belly dance and more. This explosive dance-fitness program is easy to follow and is great for burning calories!

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

Summer Sessions

~ Tuesday Evenings 7:30-8:15pm ~

5-Week Sessions

Session A - June 22 thru July 20

Session B - July 27 thru August 24

**\$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, cash or credit card payment of \$35 to register (please mark which session) ___ **Session A** or ___ **Session B**.

Or \$70 for ___ **both sessions**.

NAME: _____

PHONE: _____

ADDRESS: _____

EMAIL: _____