

# Zumba

## Tuesday Evenings

7pm - 8pm

Lincoln Park PAL—Community Center  
10 Boonton Turnpike  
Lincoln Park NJ 07035

### Latin Inspired Dance Fitness with Certified Instructor Diana Gonzalez!

Zumba combines hypnotic Latin rhythms and easy to follow moves to create a unique fitness program that will make you love your workout. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning up to 1000 calories an hour!



**\$10 walk-in fee**

**\$35/Package of 4 Classes**

**\$80/Package of 10 Classes**

Class Packages are “interchangeable” with other fitness classes

Name \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Address \_\_\_\_\_  
street address city, state, zip

Home Phone \_\_\_\_\_

E-Mail: \_\_\_\_\_  
(for class info such as cancellations or future classes & events)

Emergency Contact Name & Number:  
\_\_\_\_\_

cash, check, money order or Credit/Debit Cards accepted

**NO REFUNDS**

**Open to Lincoln Park Residents and Non-Residents as well!**



Find us on  
**Facebook**

## “Lincoln Park Borough—Recreation”

Lincoln Park Recreation / 34 Chapel Hill Rd, Lincoln Park, NJ 07035

www.lincolnpark.org / e-mail: lprecreation@bolp.org / phone: (973) 694-6100 ext #2206 Lincoln Park Recreation / 34 Chapel Hill Rd, Lincoln Park, NJ 07035

