

PARTY YOURSELF INTO SHAPE!

Feel the music, let loose, and dance the pounds and inches off!



ZUMBA fitness



Program Description:

with Amanda Caputo

Amanda Caputo is a licensed Zumba instructor and currently teaching classes across Long Island. While she has been trained in many different styles of dance she loves bringing the fun and joy of Zumba to her classes each week! This is the best kind of workout in which every class feels like a party! You don't even have to know how to dance, just move your body and follow her lead. So come experience this high intensity Zumba class while looking out on to the stunning Port Jefferson Harbor, we guarantee you will have a blast!

- Dates:** Mondays, October 21, 28, November 4, 18th
- Times:** 6:00-7:00pm
- Location:** Port Jefferson Village Center, 101-A East Broadway, Port Jefferson
- Fee:** \$50 per person/PJ Resident \$60 per person/Non Resident
- Contact:** register on line at www.portjeff.com



Zumba Class

Last Name: _____ First Name: _____

Address: _____

Phone: _____ Email: _____ Session # _____

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