



Woodstock Recreation Presents.....

Hula Hooping & Zumba Fitness Class

With Certified Instructor, Carol Becker

\$50.00 pp (6 week session)

Time: 6:30 to 7:30 PM

Location: Woodstock Elementary School Cafeteria

Dates: Thursdays from March 25 – May 6 (no class on April 22 due to school vacation)

Mix it up and shake it up with Carol Becker. Come join in the fun and try 3 weeks of Hula Hoop Fitness and 3 weeks of Zumba Dance Fitness. Get fit and have fun with this fusion of fitness venues. This class is focused on adult fitness. Children 13 & older may attend but must be accompanied by an adult. Hoops for use will be provided.

Name: _____ Phone: _____

Address: _____ Email: _____

Disclaimer: I _____, understand there are certain risks of injury while participating in the Hula Hoop/Zumba Fitness Program and I agree that I will not hold the Town of Woodstock, Woodstock Recreation Commission including its representatives liable for any injury sustained by me while participating.

Signature (Parent/Guardian must sign for minor child)

Date

Make check payable to "WRC" and submit with form to Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281. For more information visit www.fitnesshooping.com or call the Recreation Department at 860-928-0208 x305..