

Fall 2017



PARTY YOURSELF INTO SHAPE



The Watchung Arts Center is pleased to offer the latest workshops for our members and patrons. Come and enjoy Zumba, the fitness program that marries music and dance for a fun and energizing workout.

The method is simple: working out one hour doing Zumba will burn close to 1000 calories. Each class is a complete cardio workout while burning calories and relieving stress leaving you feeling better and exhilarated. Every class feels like a party! Come join us...and find out for yourself. No dance experience required - just move your body, wiggle your hips and follow our instructor's lead. It's easy! Guaranteed you will have a blast!

Classes and Workshops Refund Policy Can be found on the Website at Watchung Arts.org



Instructor Yulibeth Oliveira

Physical Therapist with over 13 years of experience and Director of Rehabilitation. Started teaching Zumba for the nurses, therapist and staff members at work. Yulibeth has struggled with weight problems since childhood but Zumba has made a significant change in her lifestyle and she has successfully lost over 35 lbs.

- Zumba Basic License to teach regular Zumba® classes.
- Zumba Gold License to teach specially designed Zumba classes for the active older adult or deconditioned participant.
- Zumba Kids License to teach the custom-designed kids program that blends dance-fitness routines with fun games and high-energy music.



Zumba Fall 2017 Registration—Indicate Classes below:

- ADULT ZUMBA (Ages 13 & Up) Wednesdays 6:15 -7:15 PM (12 weeks)**
9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29
- ADULT ZUMBA (Ages 13 & Up) Saturdays 10:00 - 11:00am (10 weeks)**
9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/11, 11/18, 12/2

In the event of a cancellation, make-up classes will be held on Thursday, 6-7 PM

Walk-ins must complete registration one time only.

Price

\$100.00
For 12
Sessions with
purchase of
pre-paid card

\$10 ea class

Watchung Arts Center

18 Stirling Road
On the Watchung Circle
Watchung, NJ 07069

908.753.0190
WACenter@optonline.net
WatchungArts.org



Name _____

Address _____

Phone _____

Emergency Contact _____ Phone _____