



aqua

ZUMBA®

at the Beacon High School Pool

Sat. Feb 4th

Sat. March 4th

10:00am-10:45am

\$5.00 per class

Saturdays with Meg Foster

For boomers, seniors, and beginners! Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. This class will be held monthly and reservations are a must.

Call Meg at 845-656-0530

to reserve your spot.

