

Harvard Community Education – Adult Education

39 Massachusetts Avenue, Harvard, MA 01451

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ZUMBA®

Come have fun and experience “exercise in disguise”!!

Deb Oliva is certified as a Group Exercise Instructor through the Athletics and Fitness Association of America (AFAA). She is a Licensed Zumba Instructor and a member of the Zumba Instructor Network.

Zumba is a Latin-inspired, easy-to-follow, calorie burning dance fitness class. Fast and slow rhythms are combined in an aerobic/fitness approach using Latin and international music and dance moves. You don't need to know how to dance. Join us! Come have fun and exercise at the same time!

Wear sneakers without a lot of tread on the bottom, so that you can turn and move easily. Don't forget to bring a water bottle!

Tuesdays, 6:15-7:15 p.m.

8 weeks/session

January 31, February 7, 14, 28, March 7, 14, 21, 28, 2017

Hildreth Elementary School Cafetorium*

Fee: \$80

To register: email your name and phone number to:

jcavanaugh@psharvard.org

Send in a check, payable to Town of Harvard, c/o Community Education, 39 Mass. Ave, Harvard, MA 01451 or use our online payment option (electronic check)