



City of Milford, Connecticut

--Founded 1639 --

70 West River Street – Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

www.ci.milford.ct.us

Recreation
Department

PRESS RELEASE

Please release ASAP and repeat until November 17, 2009

October 6, 2009

Contact: Bill Garfield
Recreation Supervisor
203.783.3388 – Phone
203-783-3284 – Fax

MILFORD RECREATION OFFERS WINTER ZUMBA FITNESS

The Milford Recreation Department announces its winter Zumba Fitness sessions for adults with instructor Lynn Baglini beginning on Wednesday, November 18, 2009. The classes are available to both residents and non-residents.

Zumba is a Latin inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness system. Zumba means to “move fast and have fun.” The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

Zumba is designed for everyone. Participants of any level or background can start right away. The class is available to anyone 15 years or older. Zumba’s basic steps formula makes it easy for every one.

The first class is on Wednesday from 6:30 pm to 7:30 pm beginning on November 18. The second class is on Thursday from 7:30 pm to 8:30 pm and will start on November 19. Both classes will be held at the Margaret Egan Center Gymnasium and run for 10 weeks. The cost for either class is \$60 for residents and \$65 for non-residents.

Registration is required prior to the class and both classes are limited in size. For more information please contact Bill Garfield at the Recreation Department 203.783.3388 or by email bgarfield@ci.milford.ct.us.

“Building a Community Through People, Parks, and Programs”
The Benefits Are Endless



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ZUMBA EXERCISE CLASSES – WINTER 2010

Determine your choice of class and check appropriate box below. Classes are limited in size and there are no refunds for missed classes. Class and date selection will be taken on a first come first serve basis. Classes will meet at the Margaret Egan Center Gymnasium.

PLEASE INDICATE YOUR CHOICE OF CLASS WITH A CIRCLE AROUND EACH CLASS NUMBER

Please make check payable to "**Milford Recreation Dept.**"

#	CLASS	LOCATION	DAYS	DATES	TIMES	INSTRUCTOR	RES.	NON RES
1	Zumba Exercise	MEC	Wed.	11/18 - 2/10	6:30 PM	Lynn Baglini	\$60	\$65
2	Zumba Exercise	MEC	Thurs.	11/19 - 2/11	7:30 PM	Lynn Baglini	\$60	\$65

This is your receipt. Fee Paid: \$ _____ Date: _____ By: _____

-----DETACH HERE-----

NAME: _____ TELEPHONE: _____

ADDRESS: _____ DOB: _____

CITY/ZIP: _____ E-MAIL: _____

PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW

By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department, the instructors and agents of liability and suits at law or in equity resulting from this activity.

SIGNATURE: _____ DATE: _____

#	CLASS	PAYMENT	INITIAL

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