

**ZUMBA Express** combines Zumba Fitness routines with intervals of Strength Training, Kickboxing and/or Step to build muscle and burn calories FAST. **ALL fitness Levels Welcome!**

**First Class is FREE! So Come Join us Today...**

Class Card \$120/10 Classes + 1 FREE or \$12 per Class

Monday Evenings: 7:30 pm – 8:30pm

Saturday Mornings: 8:30 am – 9:30am

**Conant Hall**

257 Westchester Avenue

Pound Ridge, NY 10576

Class Taught by Patti Larkin who has been certified to teach Zumba for over 10 years! Please e-mail me if you have any questions: [pcoviell@yahoo.com](mailto:pcoviell@yahoo.com)



**Sponsored by Town of Pound Ridge Recreation Department**