

YMCA CARDIO DANCE FUSION & BODY FIT WORKOUTS

LOCAL AFFORDABLE CLASSES IN
DUMONT

LED BY CERTIFIED INSTRUCTOR
SUSAN VAN VALEN

CARDIO DANCE FUSION

Energetic mix of body toning exercises and cardio dance styles to a variety of Latin, rock & roll, country and pop music.

BODY FIT

Total body toning for abs, thighs, buttocks and upper body improving bone density, flexibility, balance and coordination.



Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

% = Reduced Risk of Dementia

- 0% in Bicycling, swimming or playing golf
- 35% in Reading
- 47% in Doing crossword puzzles at least four days a week
- 76% in Dancing Frequently

Dancing:

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe

8 Week Session

November 7 – December 29

Cardio Dance Fusion

WHEN

Mon & Wed; 7:30-8:30pm

Fee: \$79

**No Class Wednesday, November 23*

Body Fit

WHEN

Mon & Wed; 9:15-10:15am

Fee: \$84

(Tues & Thurs; 7:00-8:00pm

Fee: \$79

**No Class Thursday November 24*

WHERE

Old North Reformed Church
120 Washington Avenue
Dumont

Registration Info

Carol Livingstone

clivingstone@ridgewoodymca.org

T: 201.444.5600 x330



WWW.RIDGEWOODYMCA.ORG

RIDGEWOOD YMCA 112 OAK STREET RIDGEWOOD NJ 07450

T: 201.444.5600 Fax: 201.493.0606

DUMONT REGISTRATION FORM: 8 Week Session (November 7 - December 29, 2016)

Name _____ Home Phone # _____
Address _____ Work Phone # _____
_____ Date of Birth _____

Please circle class choice:

Please bring weights and mat to class

Cardio Dance Mix

Body Fit

Monday & Wednesday 7:30-8:30pm \$79

Monday & Wednesday 9:15-10:15am \$84

Total enclosed: \$ _____

Tuesday & Thursday 7:00-8:00pm \$79

Method of payment _____ Check payable to Ridgewood YMCA or _____ Visa _____ MC _____ Amex

Credit Card # _____ Exp. Date _____ CVC _____

Mail registration form to: Carol Livingstone, Ridgewood YMCA, 112 Oak Street, Ridgewood, NJ 07450

All fees are non-refundable. For individuals and families in need, contact Megan Heller, ext. 375 for confidential assistance information and application.