YMCA CARDIO DANCE FUSION & BODY FIT WORKOUTS

LOCAL AFFORDABLE CLASSES IN **DUMONT**

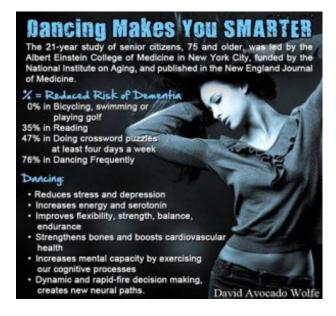
LED BY CERTIFIED INSTRUCTOR SUSAN VAN VALEN

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.



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

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