

Upton Recreation Commission



Get fit, have fun and leave the world behind. Zumba is a Latin inspired, dance fitness class that incorporates Latin music and dance movements for one hour of calorie-burning, body-energizing, movements meant to engage while having a blast! The routines feature interval training sessions where fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat. No dance experience necessary. Please wear comfortable clothes, sneakers and don't forget your water.

TUESDAY evenings

7:00 ~ 8:00 *Instructor: Sandra Sciarpelletti*

Memorial School Cafeteria

Dec. 27-April 3, 2012

NEW Wednesday mornings

9:15 - 10:15 *instructor: Dawn George*

Upton Town Hall

Jan 4-April 11, 2012

15 week session for \$100.00 once a week (just \$7.00 a class)

NEW: Healthy Hopper! Purchase a \$100 coupon to use at any of our Fitness classes

Register early by sending a check made out to Town of Upton c/o Upton Recreation Commission, 1 Main Street, Box # 14, Upton, Ma. 01568 or sign up at the first class. For more information visit our website at

<http://www.upton.ma.us/pages/recreation-commission.php> or call Recreation-Director Mary Cortese at 508-769-1838