



**BELONGING
BEGINS WITH US**

Welcoming Week | September 10-19



For a better us.®



DANCE FITNESS BUFFET

THURSDAY, SEPTEMBER 16 @ 6:00 & 7:00PM

LAKELAND HILLS FAMILY YMCA

EVERYBODY GET UP AND DANCE! THREE 15-MINUTE DANCE GENRES IN ONE CLASS!

Each class is comprised of 3, 15-minute sessions of these genres; choose 1 of 2 class times: 6:00-6:45pm or 7:00-7:45pm. Free refreshments after class!

Bombay Jam®: Cardio routine incorporating basic, easy-to-follow dance fitness moves followed by a toning segment that focuses on sculpting long, lean muscles. All fitness levels.

Country Fusion®: This line-dancing class is designed for all levels, ages, and for both males and females. The fitness aspect increases your heart rate which then speeds up your metabolism and you burn calories. You are learning how to dance, become more flexible, and correct posture alignment. The dance consists of country, jazz, and swing. Learn how to dance and get an amazing workout, all while having fun! All fitness levels.

Zumba: An aerobic workout with pulsating Latin music, incorporating footwork and body movements from flamenco, salsa, meringue and other dances. All fitness levels.

REGISTER

Classes are FREE and open to all, but registration is required: www.lakelandhillsymca.com

INSTRUCTORS

Ruma Shinde, Dee Drake, Renee Dorn

CONTACT

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