

RIDGEFIELD RECREATION & PARKS DEPARTMENT
VETERANS MEMORIAL PARK
604 BROAD AVENUE
RIDGEFIELD, NJ 07657
(201) 943-5342 FAX#: (201) 943-8887

2022 SEASONAL "LATIN CARDIO"

Consists of low-impact, easy to follow, dance steps that will help you burn calories and lost weight. You will have tons of fun, while exercising to the beat of Salsa, Cumbia, Merenge, Mambo and more! It is available to residents 17 years of age and up.

_____ Session I: Wednesdays – April 13th – May 18th (7:00 p.m. – 7:45 p.m.)
_____ Session II: Wednesdays – May 25th to June 29th (7:00 p.m. – 7:45 p.m.)

BRING A TOWEL OR SMALL BLANKET TO THIS CLASS

This co-ed class is for 16 & up. Come do low-impact, easy to follow, dance steps that will help you burn calories and lose weight. You will have tons of fun, while exercising to the beat of Salsa, Cumbia, Sumba, Mambo and more!

ALL CLASSES WILL BE HELD AT THE COMMUNITY CENTER, 725 SLOCUM AVE.

2022 SEASONAL LATIN CARDIO

NAME _____

ADDRESS _____ PHONE (Home) _____

PHONE (Work) _____ PHONE (Cell) _____

I hereby certify that the above-named individual is in sound physical condition to participate in Ridgefield's Latin Cardio classes.

SIGNATURE _____ DATE _____

FEE: \$50.00 (Checks payable to: Borough of Ridgefield)

Method of Payment:

Date Received:

Cash _____ Check/MO #: _____