



## ***Zumba with Angie***

Angie loves dancing! Originally from Costa Rica but a New Jersey local for 11 years, wants to share her energy, rhythm and passion for life. If you want to experience the hottest non-stop cardio thrill, come join Angie. 100% real Latin energy, officially Zumba certified, Pura Vida!

Tuesday 6:30 - 7:30 pm

Fee: \$5. per class Instructor: Angie Buccella  
Franklin Street Civic Center

## ***Zumba Gold (not old)***

Zumba Gold is a revolutionary dance fitness routine designed for the true beginner, active older adult and/or people who are not used to exercising. Its done at a much lower intensity. The same great Latin styles of music and dance are used as regular Zumba classes. This class will strive to improve balance, strength, flexibility and most importantly, the heart. You get a safe and extremely effective total body workout while maintaining a party atmosphere that is different, fun and easy to follow.

Tuesday, Thursday & Saturday 9:00 - 10:00 am

Fee: \$5. per class Instructor: Jeanne Degatano  
Franklin Street Civic Center

## ***Zumba for KIDS***

Zumbatomic® – Designed exclusively for kids (ages 4-12), Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

Wednesday 4:00 - 5:00 pm

Fee: \$5. per class Instructor: Angie Buccella  
Cape May Elementary School