



HAMDEN/NORTH HAVEN YMCA  
a branch of Central Connecticut Coast YMCA

## The Hamden/North Haven YMCA Presents:

### **Zumba Nation!**

Ready to ditch the workout and join the party? Then head to the Hamden/North Haven YMCA for *Zumba Nation!* The amazing Latin based cardio class has swept across America and *Zumba Nation* has invaded the YMCA! Why pay top dollar at a studio when you can get this outstanding program at fees unmatched by any other? We are now implementing 3 more classes per week in the mornings for those pre-work exercise enthusiasts for 6 total classes each week. And no studio can match our fees:

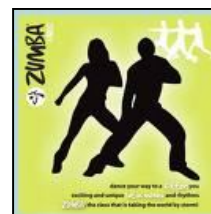
7 Week Session Rates	YMCA Member	Non Member
<u>1 Class per Week Option</u>	<u>\$25</u>	<u>\$50</u>
<u>2 Classes per Week Option</u>	<u>\$40</u>	<u>\$80</u>
<u>3 Classes per Week Option</u>	<u>\$55</u>	<u>\$110</u>
<u>4 Classes per Week Option</u>	<u>\$68</u>	<u>\$136</u>
<u>5 Classes per Week Option</u>	<u>\$80</u>	<u>\$160</u>
<u>6 Classes per Week Option</u>	<u>\$90</u>	<u>\$180</u>

#### Class Schedule

Monday/Wednesday/Friday: 8:00am-8:45am

Tuesday/Thursday: 7:15pm-8:00pm

Saturday: 8:15am-9:00am



Member Registration for Spring I Session opens Monday March 29th and Non-Member Registration opens Monday April 5th.

To Register visit the YMCA Front Desk and fill out a Zumba Registration Form and reserve the days and times you want or visit [www.hnhymca.org](http://www.hnhymca.org).

Join the Hamden/North Haven YMCA *Zumba Nation* party today!