



Medford High School  
489 Winthrop Street

With certified instructor Nanci Palladino

## Zumba offered by Medford Community Schools.

Zumba is based on the simple idea that a great workout should be fun and effective. Join us for an energizing, calorie burning, and fun workout moving to Salsa, Merengue, Swing, Reggaeton and more! Open to all fitness levels, teens and adults.

**Fun! Fun! Fun!**

Each session meets for 10 weeks.

Cost: \$75.00 for 2 sessions (total 20 classes)

\$45.00 for 1 session (total 10 classes)

Or pay as you go for \$5.00 per class

Session I: Wednesday's at 6:30 p.m.

January 11<sup>th</sup> to March 14<sup>th</sup>

Session II: Saturday's at 10:00 a.m.

January 14<sup>th</sup> to March 17<sup>th</sup>

To register, contact Community Schools at 781-393-2226 or email Denise Scopa --[dscopa@medford.k12.ma.us](mailto:dscopa@medford.k12.ma.us)

•Please enter through door #31 at the High School located at the rear of the building (swimming pool entrance) . Contact [nanci.palladino57@comcast.net](mailto:nanci.palladino57@comcast.net)