



City of Milford, Connecticut

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PRESS RELEASE

Please release ASAP and repeat until June 13, 2012

May 23, 2012

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MILFORD RECREATION OFFERS SUMMER ZUMBA FITNESS

The Milford Recreation Department announces its summer Zumba Fitness class for adults with instructor Lynn Baglini beginning on Wednesday, June 13, 2012. The classes are available to both residents and non-residents.

Zumba is a Latin inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness system. Zumba means to “move fast and have fun.” The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

Zumba is designed for everyone. Participants of any level or background can start right away. The class is available to anyone 15 years or older. Zumba’s basic steps formula makes it easy for every one.

The class is on Wednesday from 6:30 pm to 7:30 pm and will be held at the Walnut Beach Pavilion. The session will run for 8 weeks and the cost is \$45 for residents and \$50 for non-residents.

Registration is required prior to the class and both classes are limited in size. For more information please contact Bill Garfield at the Recreation Department 203.783.3388 or by email bgarfield@ci.milford.ct.us.

“Building a Community Through People, Parks, and Programs”
The Benefits Are Endless