



Party Yourself into Shape...
Zumba Classes are coming to The Stembridge
Recreational Council



Get ready to join **Zumba Fitness**® enthusiasts all around the world with
NEW Zumba® classes at the Stembridge Community Center

For Ages 18 and Up

(ages 14 – 17 may attend with a parent or guardian)

Zumba® is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that gets people moving towards joy and good health.

Zumba® is the world's largest and most successful dance fitness program, with more than 12 million people worldwide taking weekly classes.

There's no other class like it!

Join the fun!

Class times are

Tuesday and Thursday from 10am - 11am

or

Tuesday and Thursday from 6:30 pm - 7:30 pm

Cost for the program is: \$5.00 one-time yearly registration fee
\$5.00 per class on a pay-as-you-go basis.

Stembridge Community Center
99 Stemmers Run Road
Essex, MD 21221

**You may join and register at any time during the year.*

- For questions, please contact Zumba® instructors Tere Haslup or Candi Nook at zumbacaliente@gmail.com

Recreation & Parks Inclement Weather Policy:

When schools are closed by snow, ice or other severe weather conditions all day or before regular dismissal time, all activities scheduled for that afternoon and evening inside school-recreation centers and Recreation and Parks buildings will be cancelled.

Weekends/Holidays: In the event of a severe weather event when school is not in session, recreation programs will be cancelled whenever the snow emergency plan is in effect.

For full view of the policy, please visit <http://www.baltimorecountymd.gov/Agencies/recreation/weather.html>

The Department is registered with WBAL (1090 AM) Radio. Staff and participants are advised to listen for updated information.

Baltimore County Department of Recreation and Parks
Special Accommodations: Voice 410-887-5370 or TT/Deaf 410-887-5319
For addition information contact the Recreation Office at 410-887-0255
or visit our website at www.stembridgerec.com