## WAUKEGAN FAMILY PROGRAMS

## **Family Zumba**

Make a commitment to get healthy with your family! Zumba combines Latin American music and dance to create one great class that feels more like a party than a workout. We'll begin with the basics, so everyone can join with or without previous dance experience. At least one member of the family must have a disability. One member of the family must also be over 18 and not a SRSNLC participant.

Location: JAC | Min/Max: 5/20 | Age: 10 & Older Fee: \$5R / \$10NR per family member Reg. Deadline: August 24, 2016

CODE

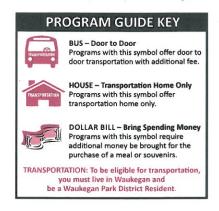
DAY

DATE

TIME

31101402-1A W 8/31-10/5

6:00pm-6:45pm



## Fitness Fair - Family



No more lazy bones! This is your opportunity to check out fitness programs as a family without making week long commitments. Join us for two new fitness classes. Relax and stretch into the first night with yoga. Then break a sweat and dance your way to health with Zumba. Family members are encouraged to register and join in the fun but are not required. At least one member of the family must have a disability. Get off the couch to find out which fitness classes are your favorite.

\*Participants should wear clothes appropriate for working out.

Tennis shoes are a must!

Location: Varies | Age: 10 & Older
Fee No Transportation: \$15R / \$22NR per family member
Fee With Transportation - no family member joining: \$25R
Reg. Deadline: August 1, 2016

CODE DAY DATE TIME 31104312-1A M & F 8/15 & 8/19 6:00pm-7:00pm

