

Gobble 'til you wobble, then join us to
BURN OFF those Thanksgiving dinner calories!

5th Annual

Fat Friday ZUMBA® & Toning!



ZUMBA®
FITNESS

Friday, November 29, 2013

9:00 a.m. - 10:15 a.m.

Mortensen Community Center Gymnasium * 131 Cedar Street
Newington, CT

\$5 DONATION & A NON-PERISHABLE FOOD ITEM

NEW FOR 2013

We're maximizing calorie burn by incorporating 20 minutes of toning and ab work with instructor Laura Campbell into this awesome event!

You'll get 50 minutes of Zumba and then finish up with some toning exercises to get your metabolism pumping!

The average Thanksgiving meal can range from a whopping **3,000-7,000 calories**. Get a jump on working those calories off in this fun, motivating and exciting class!

No experience? No problem! Just wear exercise clothes, bring water, and join us! Participants must be at least 16 years old. Pre-registration is not required - just show up and bring a friend! Non-residents welcome!

This event is free, but participants should bring one (or more) non-perishable food item to benefit the Town's food bank and a donation (suggested amount \$5) which will be used to sponsor a Newington family in need this holiday season.

Instructors: Zumba - Mary Woods & Lydia Borysiuk
Toning - Laura Campbell



FOR MORE INFORMATION CONTACT:
Newington Parks and Recreation Department (860) 665-8666.