

Village of Hastings-on-Hudson  
Recreation Department  
Presents



Known as the Zumba® pool party, the Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba® class blends it all in a safe, challenging, water-based workout that is cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

This program is open to all pool members age 18 and over.

When: Wednesdays  
July 12 – August 16

Time: 7:30 to 8:30 p.m.

Where: Chemka Pool

Instructor: Gina Miller

Fee: \$60 for pool members // \$70 for non-members //\$15 walk-in

Please register online at <http://www.hastingsrecreation.org> or at the James Harmon Community Center and Chemka Pool during normal hours.

For more information, please contact the Recreation Department at  
914-478-2380.

*The Recreation Department believes that everyone should have the opportunity to benefit from our programs. Financial needs-based assistance is available to qualifying individuals for many fee-based programs.*