

# DANCE EXERCISE INSPIRED BY ZUMBA

Mondays and/or Thursdays - Attend one or both classes!

Dance Exercise combines the joy and creativity of dancing with the physical benefits of a workout. Take part in a fun and exciting way to stay active while improving cardiovascular health, strength, flexibility, and coordination. Anyone can participate regardless of age or fitness level! Instructor: Masami Capurso



## When and Where:

Monday's @ East Millsboro Elementary Gym 29346 Iron Branch Rd, Millsboro, DE  
from 5:30-6:30PM - 12 sessions for \$60 - 9/9 through 12/16 (excluding 10/28, 11/11, and 12/9)

Thursday's @ Lord Baltimore Elementary Gym 120 Atlantic Avenue Ocean View, DE  
from 5:30-6:30PM - 12 sessions for \$60 - 9/12 through 12/12 (excluding 11/7 and 11/28)

**Sign up & Payment:** Deadline to register is Friday Sept 6th. Participants can sign up via the google registration form & pay by credit card when visiting our Community Education webpage at the following link: <https://www.irsd.net/community/adult-community-education/class-listings-fall-20242025>

If you are choosing to pay by check instead of credit card, please mail checks payable to "**IRSD Community Education**" to *IRSD Community Education Attn: Matt Schifano 31 Hosier St. Selbyville, DE 19975.*



## **IRSD Adult & Community Education**

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