

DANCE EXERCISE INSPIRED BY ZUMBA

Mondays at East Millsboro Elementary

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 - 1/6 through 4/14 (excluding 1/20, 2/17, and 3/10)

Sign up & Payment: Deadline to register is Friday Jan 3rd. 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-winterspring-2025>

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 Community Education

Email: matthew.schifano@irsd.k12.de.us

Website: <https://www.irsd.net/community/adult-community-education>

Location: [31 Hosier Street, Selbyville, DE, USA](#)

Phone: [302-436-1000](tel:302-436-1000)



Matt Schifano