



**Jump in the pool
& dance away the calories**

If you love the original Zumba class try this low impact, high energy aqua version.

DEMO CLASS JULY 9TH AT 10:30

**Ditch the workout, join the party with LISA RUUD
for this 8 week class.**

**Class will be offered Saturday-10:30-11:30 a.m
&**

Wednesday 7:30-8:15 p.m. in the outdoor pool

Sign up at the member service desk

Members: \$65 per class or join both classes for \$110-Member's Only

Guests: \$95

For more information contact RossiM@sajcc.org or 518-438-6651 x122