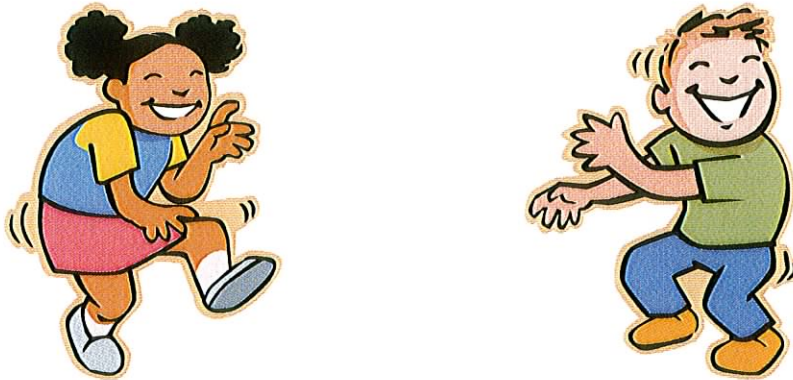


NEW PROGRAM



Zumbatomic®: The Fitness Program for Kidz

INSTRUCTOR: Cyndee Saunders

(Thursdays) September 16-October 21, 2010

9:15-10 AM

Bedford Town Hall

COST: \$60 Bedford Resident/\$70 Non-Resident

Kids love to crank up the music, shake, wiggle and have a blast with their friends. That's why you're gonna love the Zumbatomic® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 4-7 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.

Register online at (www.BedfordRecOnline.com) and mail invoice & payment.

Sponsored by: Bedford Parks & Recreation Department (472-5242)