

Continuing Education



Zumba is a Latin inspired dance fitness program that blends international music with contagious, easy-to-follow dance steps to form a “fitness party” that is downright addictive. There are no levels. Come have a great time while you burn calories and get in great shape!!! Please wear work out clothing and sneakers, and bring a towel and a bottle of water. Ida Drake is a certified Zumba instructor.

WHERE: Walter B. Howard Elementary School Cafeteria

WHEN: Mondays for 8-weeks beginning February 29th – April 18th

TIME: 6:00 – 7:00 p.m.

COST: \$56.00 (\$8.00 per class) – Walk-ins \$8.00 per class

To register please contact Lisa Kreutziger at (518) 470-6357 or Michelle Bienes at (518) 788-1150 or e-mail us at (lkreutziger@newlebanoncsd.org) (mbienes@newlebanoncsd.org). Walk-Ins also welcome.