



# Total Body Conditioning

**Program Description:**

**Total Body Stretching and Conditioning:** is a head to toe strength and toning workout achieved through weight training and stretching exercises.

**Instructor:** **Amanda Caputo** is a licensed Zumba instructor and currently teaching classes across Long Island. While she has been trained in many different styles of dance she loves bringing the fun and joy of Zumba to her classes each week! This is the best kind of workout in which every class feels like a party! You don't even have to know how to dance, just move your body and follow her lead. So come experience this high intensity Zumba class while looking out on to the stunning Port Jefferson Harbor, we guarantee you will have a blast!

**Dates:** Fall Session: Wednesdays, Oct. 24, 31, Nov. 7, 14, 21, 28

Winter Session: Wednesdays: Jan 9, 16, 23, 30, Feb. 6, 13

**Times:** 9:00 am – 10:00 am

**Location:** Port Jefferson Country Club, 44 Fairway Drive

**Fee:** \$65 PJCC Member \$75 Non Member

**Contact:** PJCC Membership Office @ 631-828-5029 phone



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**Total Body Conditioning 10/24 @PJCC** **Make Checks payable to PJCC**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Session # \_\_\_\_\_

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**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

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