



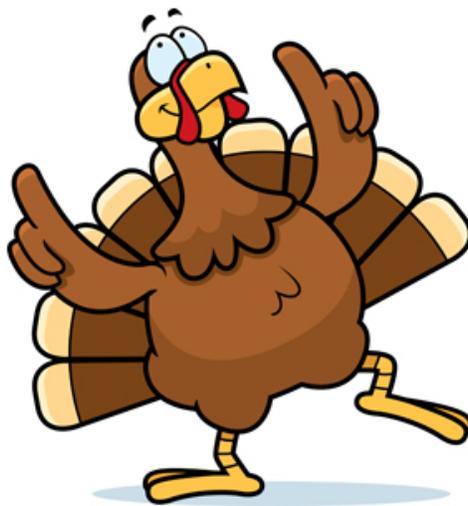
ZUMBATHON

The Office of Research Services (ORS) in partnership with the NIH Recreation and Welfare Association (R&W) Fitness and Wellness Program are proud to make it possible with the CFC Zumbathon! Join us at the Loft (Trailer T-39) for a non-stop Zumba party!

Session 1: November 18 at 1:30 / Session 2: December 16 at 5:30

Zumba incorporates Latin and International music including salsa, merengue, rock and hip hop with dance moves. The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Dancers and non-dancers alike immediately and easily master Zumba class because you do not need to know how to dance to succeed at Zumba!

The first twenty people that appear will receive a small thank-you gift! Donations are welcome in support of the CFC General Fund.



Come dance and workout for a good cause!

For more information, please contact Nita Them at (240) 507-7350/ nita.them@nih.gov
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