

# The DOT Organization, Inc.

## Dreams of Tomorrow

509 Four Mile Branch Road, Sicklerville, NJ 08081



### ZUMBA! Latin Dance Aerobics

**Thursdays**

7 PM to 8 PM

Fee: \$50.00 for 8-weeks



A fun, effective, yet simple fitness program. The explosive Latin rhythms create a party-like atmosphere that delivers results



### YOGA

**Tuesdays**

6 PM - 7 PM

Fee: \$50.00 for 8-weeks



Learn the basic poses and techniques for this meditation practice - breathing, stretching, toning, and relaxing.

Wear loose, comfortable clothes and bring a bottle of water, a towel and a mat.

**Location: 509 Four Mile Branch Road, Sicklerville, NJ 08081**

#### REGISTRATION FORM

**Name:** \_\_\_\_\_

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

**Phone:** \_\_\_\_\_

**e-mail:** \_\_\_\_\_

**Classes interested in:**

**Make checks payable to: The DOT Organization, Inc and mail to: The DOT Organization, Inc,  
P. O. Box 1, Sicklerville, NJ 08081. Any questions call (609) 320-1952**