

# **cize**<sup>TM</sup>

## **THE END OF EXERCIZE**<sup>TM</sup>

...is coming to The Connection!

New cardio dance workout...simple, yet fun choreography,  
broken down with modifications for all, set to the latest music.  
No dance experience necessary for this fun, energetic class!

Try a demo class with CIZE certified instructor, Sangeeta:

Monday, September 28 at 9:00am

Monday, October 5 at 6:30pm

Wednesday, October 7 at 6:45pm

Friday, October 9 at 6:15pm

**TRY IT OUT!**

FREE AND OPEN TO THE PUBLIC...BRING A FRIEND!  
REGISTRATION REQUIRED FOR NON-MEMBERS



**The Connection**  
for women & families





# TWO WORKSHOPS FOR ONE!

October 17 | 2:00 - 5:00pm

## *Dance Rhythms* 2:15-3:15

- \*Athleticism meets grace and power!
- \*Activate your muscles and awaken your mind
- \*Blend musicality and physicality
- \*Dynamic choreographed dance movements set to contemporary music
- \*Layered for all levels

## *Body Definitions* 3:30-4:30

- \*Work your muscles in a completely different way!
- \*High energy but low impact movements get your heart rate pumping
- \*Combines form, flexibility, control and endurance
- \*Get a full body sculpting experience that is gentle to the joints
- \*Layered for all levels

**FREE!** All are Welcome!



Funding has been made possible in part by the New Jersey State Council on the Arts, Department of State, a partner agency of the National Endowment for the Arts, through a grant administered by the Union County Office of Cultural and Heritage Affairs.



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**Master Instructor and Professional Dancer Daniel Dalpiaz**



# Masala Bhangra®

October 18, 25, & November 1

3:00 - 4:00pm

with Mimi Stela

Masala Bhangra is a dance fitness program based on traditional Bhangra folk dances with a bit of Bollywood thrown in, all with a little spice!

- Participants should wear comfortable workout wear and can dance in sneakers or barefoot
- No experience is necessary
- Class is for ages 14 and up
- Free and open to the public
- Register at the Front Desk



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