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Press Release

Event:  **Free Zumba Classes**

Date/Time: Tuesday, January 23rd –February 6, 2017 From 5:30 PM to 6:30 PM

Contact: Madhu Gupta   
Head of Information Services  
Public Library of New London  
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Tuesday, January 23rd 5:30 pm – 6:30 pm – Zumba Fitness is a dance/aerobic program which includes Latin and international dance rhythms.

Please wear comfortable clothing and sneakers, and also bring a water bottle. Before you start any exercise program, it is recommended that you check with your physician. Join us January 16 through February 6, every Tuesday from 5:30-6:30 PM.

Classes taught by Certified Zumba Instructor.

This event is free and open to the public. Registration is requested.

For more information regarding the event or to register, please contact Madhu Gupta at 860-447-1411 x108, mgupta@plnl.org or go to the library's website at [www.plnl.org](http://www.plnl.org).