



Adult Exercise at  
Roseland!!


# *Zumba*

Exercise and Dance Your Way  
to Toning, Stretching &  
Strengthening  
Your Body.

Perfect for any adult,  
even beginners!

Roseland School of Dance  
97 I&J Main Street  
Stony Brook, NY 11790  
631-675-6343

[Roselandstonybrook@gmail.com](mailto:Roselandstonybrook@gmail.com)

 Roseland School of Dance, Stony Brook

## Zumba

Thursdays 7:00-8:00pm

Our Zumba class is a  
feel-happy workout  
combining all elements  
of fitness – cardio,  
muscle conditioning,  
balance and flexibility.

**Come Take A  
Fee Trial  
Class!!**

**10 Classes ONLY \$50**