

In preparation for the Winston Gaskin Community
Walk for Wellness and Stroke Prevention to be held
on Saturday, September 17, 2016

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**BLACK MEN
OF SYRACUSE INC.**

invites you to attend ZUMBA® classes:
August 14, 2016 – September 14, 2016

Sundays at 10:15 a.m.

Mondays at 5:35 p.m.

Wednesdays at 4:30 p.m.

Thursdays at 5:30 p.m.

Fridays at 10:15 a.m.

Saturdays at 9:30 a.m.

Men's Strength Training on Wednesdays at 5:45 p.m.

The cost is \$5.00 per class.

713 West Fayette Street
Syracuse, New York 13204

To pre-register, contact Charles
Anderson at (315) 200-7847 or
e-mail: charlesanderson5@mac.com



PLEASE NOTE: No outside shoes will be allowed on the dance floor. Please bring clean appropriate footwear to change into, such as sneakers or dance shoes. No high heels, open-toe shoes, sandals, or boots will be permitted.