



Zam Dance®

Solving the puzzle through dance!

8 Classes, Fridays 6-7pm

\$136 for a package of all 8 classes

\$25 drop-in

Go to www.fitnessforhealth.org for class dates

ZamDance is a high impact dance fitness program for children and adults with developmental differences. The program introduces a structured environment while allowing the students to move at their own pace. The students are entertained by the music and dance movements. This class also keeps the students happily engaged while learning different dance steps such as MERENGUE, JAZZ and HIP-HOP!



Jacqueline Zamora, founder of ZamDance, resides in Maryland, and for over ten years has worked professionally in a variety of capacities with special needs children. Raised in Brooklyn, New York she developed a passion for dance and exercise. As a dancer and certified aerobics instructor, she has worked at the Bally Fitness Gym and at the Marriott World Trade Center Gym. She trained in Jazz and African dance at the Broadway Dance Center and at the Djoniba Dance Studio in New York City, performed in England with Julie Tolentino's show entitled, "Mestiza, What Beautiful Eyes You Have," and collaborated with French Choreographer, David Rousseve at the Brooklyn Academy of Music. She was also the Director of Choreography/dancer for the Shaun Singh Productions Broadway show entitled, RANG, Shades of my Soul.



To register, or for more information,
contact info@fitnessforhealth.org

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