

## Tara Miller

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**From:** Seymour Community Services <noreply@myrecdepartment.com>  
**Sent:** Thursday, September 21, 2023 12:32 PM  
**To:** Tara Miller  
**Subject:** \*\* BULK \*\* EXTERNAL Stregth & Tone Update for Tuesdays Class Only



20 Pine Street, Seymour, CT. 06483 • (203) 888-0406 • <http://seymourct.myrec.com/>

Good afternoon, **Tuesdays Strength & Tone** is now Zumba Tone and you will need to complete a one time separate registration for this class prior to next Tuesday.

For Tuesday's Zumba Tone class, you will need to purchase and bring your own toning sticks. We have 5 sets remaining for sale at The Center or you may also purchase them on Amazon with the following link: [Zumba Toning Sticks on Amazon](#)

If you are purchasing or bringing your own sticks you may register for the class by clicking this link: [REGISTER](#)

Thanks  
Seymour Rec

Sent to: [tmiller@seymourct.org](mailto:tmiller@seymourct.org)  
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