

Friday, January 1, 2021

Zumba New Year's Party

Company: Ailey Extension
Venue: Ailey Extension
Location: New York, NY

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Start the New Year off right with a Zumba®! Jumpstart your year with this high-energy, Latin-based fitness workshop and party into 2021 with Jose Ozuna and Ailey Extension.

Zumba® is based on the principle that a workout should be "FUN AND EASY TO DO," allowing participants to achieve long-term health benefits. Zumba® is a fusion of Latin and International music—dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Ailey Extension
Virtual
New York, NY, 10019
<https://www.alvinailey.org/extension/workshops/newyears>

Schedule
January 1, 2021: 12:00pm

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