

October 5 - December 28, 2016

Zumba w/ Daniel Matthews

Company: Mark Morris Dance Center
Venue: Mark Morris Dance Center
Location: Brooklyn, NY

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ZUMBA

It's time to get moving! ZUMBA® is a dance-based fitness class using international music and steps – Salsa, Cumbia, Merengue, Swing, Tango, Samba, Reggaeton (Latin/Funk), and more. Nonstop energetic routines feature intervals with fast and slow rhythms in addition to resistance training. No partner or previous dance experience required.

Suggested Attire:

Comfortable clothing in which you can easily move
Jazz shoes, jazz sneakers, or indoor sneakers. No street shoes.

Wednesdays 7:30 - 8:30pm

Instructor:

[Daniel Matthews](#)

Mark Morris Dance Center
3 Lafayette Avenue
Brooklyn, NY, 11217
718.624.8400
<http://markmorrisdancegroup.org/dance-center/adult-classes/Dance-Workout/Zumba>

Schedule
February 17, 2016: 7:30pm

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