



## FOR AUDIENCES

Community Calendar

Volunteering

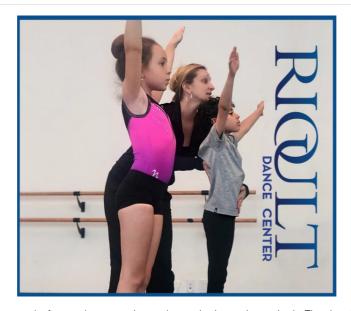
Monday, September 9, 2019 - Monday, September 7, 2020

## Zumba w/ Verlezza

Company: RIOULT Dance Center

Location: Queens, NY

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A high energy and fun-filled dance cardio fitness class geared towards everybody - and every body. The class is a combination of cardiovascular, muscle conditioning, and balance exercises all integrated into a follow along and easy to pick up format. The class includes a mixture of dance and musical styles including Latin, world, and hip-hop to create a high-calorie burning fitness party.

For all ages and levels.

RIOULT Dance Center 34 Steinway St Queens, NY, 11101 (212)398-5901 https://www.rioult.org Schedule September 9, 2019: 7:00pm September 16, 2019: 7:00pm September 23, 2019: 7:00pm September 30, 2019: 7:00pm October 7, 2019: 7:00pm

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