

## FOR AUDIENCES

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

### Zumba w/ Verlezza

Company: RIOULT Dance Center

Location: Long Island City, 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  
Long Island City, 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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