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April 12 - May 31, 2020

Zumba with Ashlea Bonds

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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Zumba with Ashlea Bonds - Dancewave Online Adult Classes
Sundays 2-3pm and Wednesdays 7-8pm E.S.T.

Zumba classes feature Latin rhythms set to high-energy pop music and international beats. Before you know it, you'll be getting fit and will feel your energy levels soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. This is a medium-paced, follow-along class with basic sequencing, suitable for all levels.

About Dancewave's Online Weekly Adult Class Program:

Accessible for all bodies, abilities and skill levels, Dancewave's weekly online Adult dance and fitness classes are perfect for everyone from beginners to seasoned dancers looking to stay in shape. Our teaching artists are skilled creatives and choreographers who cultivate a personable, supportive and non-competitive community in class that you can depend on each week. Just \$10/drop-in.

Visit dancewave.org/adult-classes to register anytime. #dancemakeswaves

Dancewave
Online classes - accessible anywhere
Brooklyn, NY, 11217
7185224696
<http://dancewave.org/adult-classes>

Schedule
April 12, 2020: 2:00pm
April 15, 2020: 7:00pm
April 19, 2020: 2:00pm
April 22, 2020: 7:00pm
April 26, 2020: 2:00pm
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