January 4 - July 12, 2017

Zumba

Company: Fit4Dance
Venue: Fit4Dance
Location: Brooklyn, NY

Zumba is dance fitness. Each class is filled with dance routines designed for you to follow along without direct instruction. The more you come the easier it gets! It's important to know that it usually takes 5-6 classes before you start to feel comfortable with the movements. Just relax, breathe, have fun and don't worry about what you look like in the mirror! Either way you're going to get an amazing workout especially with Laci!

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party" that is downright addictive. Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 14 million people of all shapes, sizes and ages taking weekly Zumba classes in over 140,000 locations across more than 150 countries

Fit4Dance
154 Utica Ave
Brooklyn, NY, 11213
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http://www.fit4dancenyc.com/schedule

Schedule
January 28, 2016: 8:00pm