

## Dance, Workforce, Resilience,

## FOR AUDIENCES

Community Calendar

Volunteering

January 8 - June 24, 2020

## Zumba Instructor/Praise Dancer

Company: Harlem Childen's Zone-The Armory Venue: Harlem Children's Zone-The Armory Location: New York, NY ► <u>Share | Print | Download</u>

Join us for free Zumba classes -- A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you have a class. It's never too late to get in shape!

Harlem Childen's Zone-The Armory 40 West 143rd Street, New York, NY, 10037 646-331-3847 Schedule January 8, 2020: 6:30pm January 15, 2020: 6:30pm January 22, 2020: 6:30pm January 29, 2020: 6:30pm February 5, 2020: 6:30pm more

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