

Thursday, September 5, 2019 - Thursday, September 10, 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 5, 2019: 7:00pm  
 September 12, 2019: 7:00pm  
 September 19, 2019: 7:00pm  
 September 26, 2019: 7:00pm  
 October 3, 2019: 7:00pm  
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