

Thursday, September 5, 2019 - Thursday, September 10, 2020

Zumba w/ Verlezza

Company: RIOULT Dance Center
Location: Queens, NY

► [Share](#) | [Print](#) | [Download](#)



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
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)