Monday, September 9, 2019 - Monday, September 7, 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 9, 2019: 7:00pm
September 16, 2019: 7:00pm
September 23, 2019: 7:00pm
September 30, 2019: 7:00pm
October 7, 2019: 7:00pm
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