

ZUMBA LATIN DANCE FITNESS

Instructor **Meiling Schumm** uses Latin dance moves to create a workout that helps you lose fat, build muscle, and feel more energized. Dress in exercise clothes, bring a bottle of water, and come early to complete an exercise release form.

Preregistration is required.

ADMISSION IS FREE.

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Sundays
April 7 – June 30

(except April 21)

3 pm

KEW GARDENS HILLS

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