

Montefiore

To Your HEALTH!
Montefiore for a Healthy You

Zumba Dance Series



Moses Campus

Led by Alison Santiago

Join us on Thursdays and dance the stress away. Every class feels like a party! No dance experience necessary, just a willingness to move your body and have some fun. Come try it, you'll have a blast!

Location: Moses Campus, Grand Hall

Dates and Times:

3 Thursday Evenings, 5:15pm-6:15pm

February 14

February 21

March 7

All participants must sign a release form. For more information email ToYourHealth@montefiore.org.