

Zumba Dance Series



Yonkers Campus

Led by Suzannah Kincannon

Join us 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.

Try out one of the **30-minute low-intensity lunchtime classes** in March. Bring loose fitting clothes and pair of sneakers – you'll have a blast!

**Location: 3 Odell Plaza, Conference Room D&E,
Yonkers, NY**

Dates and Times:

2 Wednesdays During Lunch

12:00pm, 12:30pm and 1:00pm (30-minute sessions)

March 13

March 27

All new participants must sign a release form at the start of the class. For more information email

ToYourHealth@montefiore.org.