

**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, TLC Room 1**

### **Dates and Times:**

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

April 18

May 9

April 25

May 16

May 2

June 6

**All new participants must sign a release form.  
For more information email [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org).**