

# 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 1/Grand Hall**

**Dates and Times:**  
**Thursday Evenings, 5:30pm-6:15pm**

September 12	October 24
September 19	November 7
September 26*	November 14
October 3*	November 21

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