

FREE! **WORLD BEAT WORKOUT DANCE CLASSES**
Live Drummers • All Levels Welcome

Herald Square
Broadway & 34th St
Wednesdays at 5:30pm

Hosted by: **new york sports clubs®** 

August 26 - Zumba

Cardio meets Carnival. Latin rhythms score body sculpting movements and simple dance steps.

September 2 - African Dance

A low-impact workout with movements based on traditional African dance.

September 9 - Catwalk Confidence (Special Event)

Learn to strut comfortably in heels. Improve posture, strength, balance and confidence. Bring your heels.

September 16 & 30 - Masala Bhangra

An Indian dance-inspired workout featuring sounds of the dhol drum, reggae and hip-hop.

September 23 - Reggae Workout

Work out to the Afro-Caribbean sounds of reggae, calypso and soca.

For more info visit MySportsClubs.com

