

JOIN THE FITNESS
DANCE PARTY

ZUMBA

With

SHANNON GRIFFITHS

Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class offers a combo of cardio, muscle conditioning, balance and flexibility!

When: Starting April 19th
Friday's 5:30-6:30pm
Sunday's 11:15am-12:15pm
Where: Holderness Town Hall
Cost: \$85 / 8 weeks or \$12 drop in.

Shannon has lived in the area for a little over a decade and is an alumna of Plymouth State.

Aside from being a licensed Zumba instructor, her professional background is in communications and marketing.

As a lover of Zumba for many years, Shannon is excited to offer Zumba in Holderness. Anyone can do it, all you have to do is have fun!

For further information or to register contact Holderness Recreation at
603-968-3700, recreation@holderness-nh.com
or visit www.holderness-nh.gov