

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**