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Moving to the Rhythm Class - Charlottesville

Date and Time

Tuesday 11/12/2019 2:45 to 3:45pm

Event URL

[Register Here](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$35.00

Event Description

Moving to The Rhythm Class – New 6-week session added! Tuesdays, November 12-December 17, 3:45–4:45 pm

Move to a mixture of African rhythms and “old school” grooves for some exercise that's great fun. Denise Zeigler-Pilgrim teaches this 6-week low-mid impact aerobic class that focuses on balance, flexibility, and cardio. Open to the community.

Members \$28; Guests \$35 for the 6-week class. Register at the Welcome Desk or use the button below.