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Moving to the Rhythm Class

Date and Time

Tuesday 2/25/2020 2:45 to 3:45pm

Event URL

<https://thecentercville.org>

Event Region

Charlottesville Area

Event Type

Class - Workshop

RSVP Info

<https://thecentercville.org/calendar/event/8428>

Event Cost

\$26.00

Event Description

New Session Added! Moving to the Rhythm Tuesdays, February 25 - March 17 3:45-4:45 pm Move to a mixture of African rhythms and "old school" grooves for some exercise that's great fun. Join Denise Zeigler-Pilgrim for this 4-week low-mid impact aerobic class that focuses on balance, flexibility, and cardio. Open to the community. Members \$20; Guests \$26 for the 4-week class. Register at the Welcome Desk or online.