

# Don't miss the dance fitness party!

You just need shoes to exercise in, space  
to move around in, and water.  
No experience necessary!



MAY 14 - JUNE 25, 2021  
FRIDAYS 7PM-8PM  
LOW-INTENSITY AND  
HIGH-INTENSITY  
ROUTINES FOR ADULTS

## VIRTUAL ZUMBA CLASS

For more information or to register,  
please email [volunteer@burnabynh.ca](mailto:volunteer@burnabynh.ca)



Burnaby Neighbourhood House is a charitable non-profit organization. We are a volunteer-driven community-funded agency with a unique focus on neighbours supporting neighbours.