

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 - AUGUST 27, 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



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.