



HAYGOOD HALLS APARTMENTS

AQUA ZUMBA

WITH NEWMAN FITNESS

SEPTEMBER 10TH AT 10AM

Aqua Zumba® with Tanecia is a low-impact, high-energy aquatic exercise that creates natural resistance, which means every step is more challenging and helps tone muscles. There is less impact on your joints so participants can really let loose.



Hampton Roads
Community Foundation



City of Virginia Beach
VB Cultural Affairs
Arts & Humanities Commission

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