

WOGA New York, Inc.



The New York Chapter of Westwood High School Old Girls' Association.



SOUTH FLORIDA CHAPTER WESTWOOD OLD GIRLS ASSOCIATION

SFCWOGA



WWW.THEWOGA.ORG
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THRIVING IN A CULTURE OF WELLNESS: AND THEN I LOOKED AROUND AND SAW A NEW ME!

Part 3 – An Evening of Movement with WOGA

Wednesday, June 10, 2020

8:00pm - 9:00pm

I don't have rhythm. I don't know how to dance. I'm too fat. I don't have time.

No more excuses! Take the next step in your wellness journey with WOGA and Meloney Levy, PhD for a virtual Zumba class.

Zumba is great for:

- Burning calories
- Improving heart health
- Core strengthening
- Managing stress
- Increasing weight loss
- Improving happiness

Be prepared to move and sweat. Wear comfortable sneakers, activewear/workout clothes. You only need a small towel, bottled water or sport drink for hydration, free weights or zumba stick or substitute, mat and floor space.

Pack an amazingly pleasant and upbeat attitude!



INSTRUCTOR



Meloney Levy PhD

* Asst. Prof. Communications Studies -
MSU & BCCC

* Licensed Zumba Instructor

* Licensed in Zumba Toning and
Aqua Zumba

To attend this education session, please register using the ZOOM details below:

Link: <https://us02web.zoom.us/j/86420689958?pwd=eVBjaXJtc2RvaWVyN2s3NkdTQXV0UT09>

Telephone: US: +1 646 558 8656 or +1 301 715 8592 or +1 312 626 6799

Webinar ID: 864 2068 9958

Password: 044881

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