

ZUMBA

DANCING WORKOUT



If you enjoy dance and exercise for fun, join Amida Care for an evening of wellness and movement!

Brooklyn

Friday,
March 16, 2018
3– 5 p.m.

Housing Works: Willoughby

57 Willoughby St.,
lower level,
Brooklyn, NY 11201

Take A or C trains to Jay Street MetroTech Station. Walk north on Lawrence Street toward MetroTech Center.

Queens

Thursday,
March 22, 2018
1– 3 p.m.

Brightpoint, Queens

Brightpoint
Health: Sutphin
105-04 Sutphin Blvd.
Jamaica, NY 11435

Take E train to Sutphin Blvd-Archer Avenue Station. Exit at that intersection. Go southeast on Sutphin Blvd. Arrive at destination.

Manhattan

Thursday,
March 29, 2018
1– 3p.m.

HW 9th Street

743-749 East 9th Street,
New York, NY 10009

Take the A, B, C, N, R, or 1, 2, 3, 4, 5, or 6 trains to 14th Street station. Transfer to crosstown M14 “Avenue D” bus and get off at East 9th Street & Avenue D.

Bronx

Friday,
March 30, 2018
3– 5 p.m.

Brightpoint, Bronx

1545 Inwood Avenue
Bronx, NY 10452

Take #4 train to Mt. Eden Avenue. Walk two blocks to 1545 Inwood Avenue.

Members may bring a guest!

Gift bags, great food, and Metrocards are available. Snacks and giveaways while supplies last!



RSVP Required. Please Call:
1.800.556.0689
Or email rsvp@amidacareny.org
(for TTY/TDD services, call TTY 711)