



Zumba with Meredy Novin

Take a wholistic approach to living and incorporate physical activity among your sustainable, climate-conscious environmental behaviors -- try Zumba! 21 Acres is pleased to host Zumba instructor, Meredy Novin, for classes open to the community. *There are discounts for 21 Acres members! Preregistration required.**

According to Meredy, Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party: “This is dancing to Latin and World rhythms and combing all elements of fitness – cardio, muscle conditioning, balance and flexibility to boost energy all while having fun!”

Classes are offered on Monday and Thursday evenings at 7:15 pm, in addition to the First Saturday of the month at 8:30 am. These are timed perfectly to take advantage of enjoying 21 Acres’ campus and the Farm Market. Either before or after classes, enjoy walking the farm and seeing how it changes over the seasons and stop in the farm market for samples and fresh food.

Please note: These classes are in no way affiliated with 21 Acres.

Learn more: meredynovenfitness.com

Register now: <https://waiver.smartwaiver.com/w/5acac0158440d/web/>

*Learn about membership: <http://21acres.org/get-involved/become-a-member/>
