

Dance Your Way to a Healthy Heart with Zumba and Belly Dancing

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The Hunterdon Health and Wellness Centers offers dance classes, such as Zumba® and belly dancing, that are so much fun you won't feel like you're exercising at all.

"Zumba is a Latin-inspired dance that involves aerobics and engages your entire body," says Diana Minor, aerobics instructor at the Hunterdon Health and Wellness Center in Whitehouse Station. "It's a great cardio workout, and the instructors walk you through every step. It doesn't matter how you do it, just as long as you are enjoying yourself."

Belly dancing is another great way to get your heart rate up. Like Zumba, it requires no experience.

"We offer classes for all levels of fitness from beginning to advanced," Ms. Minor adds.

Join our dance classes at the Hunterdon Health and Wellness Centers in Clinton and Whitehouse Station. For class schedules, visit www.hunterdonhealthcare.org or call **908-534-7600** (Whitehouse Station) or **908-735-6884** (Clinton).

