ZUMBA® FITNESS

with

Emily Rose Cochenour

Classes in Lynchburg Forest & Bedford

1st Class is ALWAYS FREE!

Forest VA

Lifestyle Fitness

110 Vista Centre Dr
Suite 8

&

Bedford VA

RECREATION BEDFORD VIRGINIA SINCE 1782

939 Burks Hill
Liberty Lake Park

ZUMBA® fitness

Zum·ba [zoom-buh, -bah] - *noun* - exercise in disguise.

Contact Emily for more information!

Emily Rose Cochenour

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www.SliquePhysique.com