



Mary's
Center

Want to stay fit? Like to Dance?

Join us for **FREE** Zumba classes at Mary's Center!**

They are open to everyone.



In DC:

Wednesday 6:40-7:40pm- [Georgia Site](#) (3912 Georgia Avenue, NW, Washington, DC)

In MD:

Thursday 5:30-6:30pm - [Adelphi Site](#) (8908 Riggs Road, Adelphi, MD)

No need to register, just show up and have fun!

Our classes are open to Mary's Center participants, staff, and the entire community!

** Classes are free but a suggested donation of \$5 for non-Mary's Center patients/staff is encouraged.

Wear comfortable clothes and sneakers, and bring plenty of water and a towel (if desired).

Questions? Contact Miranda Brooks at mbrooks@maryscenter.org www.maryscenter.org



Mary's Center's Dental Hygienist Miranda Brooks is also our Zumba instructor in DC. Ms. Brooks has years of Zumba experience; her classes are a true workout!



Erik Gomez is medical assistant, and our Zumba instructor for the Prince George's location.