





## Get Ready to Move, Sweat & Vibe Your Heart Out


Lights low. Music high. Energy ALL the way up! Join us for an evening Zumbathon experience you don't want to miss. This February, [Level Up](#) is bringing something *new* and *next level* to Heart Health Month – our **first-ever Zumbathon** at the Prince George's Sports & Learning Complex!

Designed to kick off after work, this high energy evening will be packed with:

- Nonstop dance fitness
- Heart-healthy fun
- Great music & even better vibes
- Giveaways & surprises

 Thursday, February 26

 6:00pm – 8:00pm (*after work, all vibes*)

 Sports & Learning Complex – 8001 Sherif Road, Landover, MD 20785

Whether you're a seasoned Zumba lover or just ready to try something different, this is your sign to show up, let loose, and Level Up your heart health. Come for the workout, stay for the energy and leave feeling AMAZING!

[REGISTER today!](#) Spots are limited – don't let this moment pass you by!

**Registration is required to attend. To ensure a great experience for all employees and accommodate space limitations, this event is RSVP only and walk-ins will not be permitted.**

Dance for your heart, move with purpose, and be part of an experience that makes heart health unforgettable.

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