



Celebrating National Hispanic Heritage Month: Mambo Dance Workout with Katherine Jimenez

October 7, 2022



This segment aired on 10/7/22:

<https://www.sherrishowtv.com/video/the-mambo-dance-workout/> (4:34 minutes)

In celebration of National Hispanic Heritage month, Ailey Extension instructor, Katherine Jimenez teaches Sherri Shepherd a high energy NY Style Mambo dance workout.