

# **NEW CLASS!!**



**Created by Louis Van Amstel of Dancing with the Stars, LaBlast is a partner-free, simple, low impact, safe ballroom dance workout for everyBody!**

**It's fun and energizing - beginners are encouraged to attend!**

***\*\* (Wear sneakers and bring light hand weights if you have them) \*\****



**Instructed by Denise Nethercott**

**Tuesdays beginning October 5<sup>th</sup> (no class 10/12)  
6 – 6:45 p.m.**

**\$36 for October (3 weeks) or \$15 to drop-in**

**\*\*\*Space is limited and preregistration is required**

**To register for class: [www.vittisdancestudio.com](http://www.vittisdancestudio.com)**

**Vitti's Dance Studio, 10 Precision Road, Danbury, CT  
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