



***Come check out
LaBlast Fitness Powered by Dance!***

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)*****

**Join instructor Denise Nethercott for a FREE class on:
Tues. Sep. 14 at 6 p.m.**

**Additional free classes will be held on :
Thurs. Sep. 23 & Wed. Sep. 29 at 6 p.m.**

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

To reserve your spot, email us at: info@vittisdancestudio.com

**Held at: Vitti's Dance Studio, 10 Precision Road, Danbury, CT
www.vittisdancestudio.com 203.748.2884**