



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 6 – 6:45 p.m.
November session begins 11/9 (no class 11/2)

\$36 for 3 weeks (11/9, 11/16 & 11/30)
or \$15 to drop-in **Tuesday 11/23 TBD******

*****Space is limited and preregistration is required**
To register for class: www.vittisdancestudio.com

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