

LaBlast Fitness

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 cycle begins 11/1
\$60 for 5 weeks (*Tues class*)
or \$15 to drop-in

Thursdays 6 – 6:45 p.m. November cycle begins 11/3
\$36 for 3 weeks (*Thurs class*)
or \$15 to drop-in (no class 11/24)

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

Vitti's Dance Studio, 10 Precision Road, Danbury, CT
info@vittisdancestudio.com 203.748.2884