

# ***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. January cycle begins 1/3**  
**\$60 for 5 weeks (*Tues class*)**  
**or \$15 to drop-in**

**Thursdays 6 – 6:45 p.m. January cycle begins 1/5**  
**\$48 for 4 weeks (*Thurs class*)**  
**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**  
**[info@vittisdancestudio.com](mailto:info@vittisdancestudio.com) 203.748.2884**