

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. March cycle begins 3/7

\$48 for 4 weeks (*Tues class*)

or \$15 to drop-in

Thursdays 6 – 6:45 p.m. March cycle begins 3/2

\$60 for 5 weeks (*Thurs class*)

or \$15 to drop-in

*****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