

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. May cycle begins 5/9

**\$48 for 4 weeks
or \$15 to drop-in**

Thursdays 6 – 6:45 p.m. May cycle begins 5/11

**\$24 for 2 weeks (no class 5/18)
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**