

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 11/7
\$48 for 4 weeks or \$15 to drop-in

Thursdays 6 – 6:45 p.m. November cycle begins 11/2
\$48 for 4 weeks or \$15 to drop-in (no class 11/23)

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



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