

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. August cycle begins 8/6
\$48 for 4 weeks or \$15 to drop-in****

No Thursday classes in August - on vacation!

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



**Vitti's Dance Studio, 10 Precision Road, Danbury, CT
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