

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 p.m. *

\$15 drop-in

Thursdays @ 6 p.m. *

Start date TBA

***Weekly schedule changes & registration discounts (when offered) will be posted to our website**

*****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