

The logo for LaBlast fitness is a white circle with a double border. Inside the circle, the word "LaBlast" is written in a stylized, cursive font, with a registered trademark symbol (®) to the upper right of "Blast". Below "LaBlast", the word "fitness" is written in a simple, lowercase, sans-serif font.

LaBlast[®] fitness

held at
**Vitti's
Dance
Studio**

Tuesdays
6:00 - 6:45 PM

and

Thursdays
6:00 - 6:45 PM

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)

**SPACE IS LIMITED
PREREGISTRATION IS REQUIRED**

www.vittisdancestudio.com



SCAN ME



Instructed by
Denise Nethercott

VITTI'S DANCE STUDIO • 10 PRECISION ROAD, DANBURY, CT • 203-748-2884 • info@vittisdancestudio.com