



**are you sitting down  
for this?**

**THURSDAYS 6-6:45 PM  
for 3 wks**

**12/4, 12/11 & 12/18**

**\$15** per class

**PARTNER FREE  
LIGHT WEIGHT TRAINING  
HAVE FUN WHILE YOU  
BLAST AWAY CALORIES**

**Taught by - Denise Nethercott**

**ALL AGES AND FITNESS LEVELS  
100% SEATED**

**DANCE FITNESS BASED ON JIVE,  
QUICKSTEP, RUMBA, WALTZ,  
FOXTROT AND MORE\***

**\*wear sneakers  
& bring light hand weights if possible**



**VITTI'S DANCE STUDIO**

**10 PRECISION RD DANBURY, CT 203-748-2884**

**REGISTER: [WWW.VITTISDANCESTUDIO.COM](http://WWW.VITTISDANCESTUDIO.COM)**