



LaBlast[®]
fitness

VITTI'S DANCE STUDIO

**TUESDAYS
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**

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