



**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



**Instructed by
Denise Nethercott**

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