



LaBlast[®]
fitness

VITTI'S
DANCE
STUDIO
TUESDAYS &
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

schedule changes will be posted to website

PREREGISTRATION IS REQUIRED

www.vittisdancestudio.com



SCAN ME



**Instructed by
Denise Nethercott**

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