

STARTING JANUARY 4TH, 2010

“JUST DANCE”

COME DANCE TO TODAY’S HOTTEST MUSIC!

USING A VARIETY OF GENRE INCLUDING...

**JAZZ, HIP HOP, R & B,
ROCK & ROLL, AND CLASSICAL**

MONDAYS & WEDNESDAYS

5:15-6:15PM

INSTRUCTOR: LAUREN

**THIS HOUR CLASS WILL BEGIN WITH A
40-MINUTE CARDIO PORTION AND END
WITH A 15 MINUTES OF STRENGTH AND
STRETCHING.**

ALL FITNESS AND DANCE ABILITIES WELCOME!

GET UP, MOVE TO THE MUSIC AND



JUST DANCE!

