

New Time!!!

“JUST DANCE”

COME DANCE TO TODAY’S HOTTEST MUSIC!

USING A VARIETY OF GENRE INCLUDING...

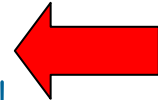
**JAZZ, HIP HOP, R & B,
ROCK & ROLL, AND CLASSICAL**

MONDAYS & WEDNESDAYS

6:15-7:00PM

INSTRUCTOR: LAUREN

Studio 2



**THIS 45 min CLASS WILL BEGIN WITH
A CARDIO PORTION AND END WITH
STRENGTH AND STRETCHING.**

ALL FITNESS AND DANCE ABILITIES WELCOME!

GET UP, MOVE TO THE MUSIC AND

JUST DANCE!



