

Its easy-to-follow, effective and fun!



DANCE MANIA

Not just a high energy cardio workout to burn calories but a dance class with body sculpting exercises to target your Bottom, thighs, abs and arms. Each week follows a different style...boogie on down, get into the groove and hip hop

Mondays 8:15 - 9:15 at Foresters Hall

come along and join the fun – email DebsDancers@aol.com to secure a place