

BURN UP THE DANCE FLOOR WHILE
BURNING CALORIES WITH.....

CARDIO DANCE PARTY

Sundays 1:15-2:15pm with Kaseedee
Starting May 29, 2011

Cardio Dance Party blends dance moves, making them simple and easy to follow!
Anyone can do this! This workout feels more like a night on the town than exercise. Drop
the pounds and get rapid results while you dance, dance, dance!

This workout takes the fun factor up a notch. It's got super hot moves that will transform
your body. Rock the moves AND get rock hard abs doing it! It's so much fun everyone
will be wanting more!

There is NO EXPERIENCE REQUIRED!! Impossible you say? This class designed for
absolutely everyone. Why? Because the moves are broken down and simplified, making
them easy to follow.

No street/soiled shoes, please bring clean sneakers with you!!!

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