

## **Dance Fusion Fitness class for adults**

Dance Fusion is a mix of both cardio dance and toning with hand weights.

Classes are held on Wednesday mornings from 5:20-6:20 am and on Saturday mornings from 7:00-8:00 am.

Price is \$5.00 per class, or you can purchase a punch card, 8 classes for \$32.00 (\$4.00 per class).

Attire: tanks or t-shirts/legging or shorts/tennis shoes.

Please bring a yoga mat and hand weights, anywhere from 3 lbs to 7lbs, based on your current fitness level.

This class is available to anyone! If you love to move to music, you will love this class. Your work out can be modified to suit your needs, from a light workout, to moderate, to calorie blast! You choose the level you feel comfortable with!

Note: No Class on Saturday April 6th due to competition dance. Class will be held on April 7th instead (7:00-8:00 am).

When youth dance classes are completed (May 6th), Dance Fusion could open up new times. Contact Kris if you have a particular time that would work best and she will see what she can work out!

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