



where **faith and fitness** meet

# DANCE BLAST

A fun way to develop core strength and cardio fitness while burning calories and learning a few moves!



**Bodyandsoul.org**

**Join us in the W.C.C. gymnasium  
Friday mornings 8:00 - 9:00 AM  
led by instructor Sara Bannister**



Wilmerding Community Center

**412-520-7946**