



ADULT FITNESS & DANCE

classes for all ages & abilities including:

FITNESS

- ◆ Zumba, Zumba Gold, Zumba Chair
- ◆ Zumbalates (Zumba & Pilates Combo)
- ◆ Silver Fit Cardio, Strength & Balance
- ◆ Chair Zumba & Cardio



DANCE

- ◆ It's never too late to try beginner or chair:
 - Ballet
 - Jazz
 - Hip Hop
 - Tap
 - Modern
- ◆ Private and Semi-Private (duo and trio) Instruction



**Purchase in person and/or virtual dance or fitness classes
or private instruction.**

10 Class Pass \$225, 3 Class Pass \$70, 1 Class \$25

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danceworks.us

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