

SheMovesJDM

SHE MOVES: EMPOWERED (21+)



✨ Good vibes. Great music.
Movement that feels amazing.
This dance fitness class is all
about fun, freedom, and feeling
yourself. Come sweat, smile, and
shine with a tribe of queens who
hype each other up. No pressure,
just pure joy. 🩰👑

SATURDAYS 12:30PM