

**NEW FITNESS PROGRAM  
STARTING SEPTEMBER**

# **LA BLAST**

**LaBlast is a revolutionary dance fitness program based on all the dances you see on "Dancing with the Stars". No partner needed and created for people of all ages and fitness levels. LaBlast uses all genres of music and includes weight training.**

**LaBlast will get you moving physically, mentally and emotionally to dances like Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz and many more!**

**LaBlast will be held upstairs at the Firehouse on Monday's at 1pm starting this September. Cost will be \$5 per class and everyone is welcome to join.**

