

STAY FIT & HEALTHY IN 2016

INSIDE & OUT

Tuesdays, Jan 5- Feb 23
6:15-7pm

Join us for a brand new adult fitness class at Dance Xplosion!

Personal Strength - inside and out! We will mix it up with strength training and yoga stretching.

Cost: \$40 (8 classes) or \$8 drop-in fee

BRiNG fitness shoes (no outside shoes allowed in the studio) and a yoga

See you there! Call/text (734) 645-6849 or email helendarling5@gmail.com