

# DANCE FIT WITH BABY AND ME



*NEW TO*



*I have great news for you ladies!!!* Come and join me and my little guys for a six week **Dance Workout** that will change your life and the way you experience fitness. It's fun, its funky, and it works!!!

Each week I will take you on a wonderful journey and together we will dance our way back into shape. Get to enjoy fitness in a whole new light while carrying your little one on a baby carrier.

The best part of it is that if you have older children they get to enjoy the fun of Jungle Jac's while mommy works up a sweat.



## COME AND CHECK OUT OUR FREE TRIAL CLASS .

You can sign up for either:

Tuesday, February 23 from 11 - 12 or Thursday, February 25 from 11 - 12

### **Week one & four: "THE LATIN CRAZE WORKOUT"**

The Latin Craze Workout is a one hour workout that incorporates all forms of Latin dance, among them: Salsa, Cha Cha, Merengue, Samba, Reggaeton and much more. This fast paced workout will make you sweat and feel great; Not to mention all the calories you will be burning. It's a great party!

### **Week two & five: "THE BOLLYWOOD WORKOUT"**

This workout incorporates Indian as well as Arabian music. Bollywood is the Hollywood version of Indian dance. The music is awesome and the moves are majestic!!!!

### **Week three & six: "THE EIGHTIES WORKOUT"**

Wanna get funky with the best music of all! I will take you back to the best music era ever! We'll shake it to theme songs like Flash Dance, Grease, and Saturday Night Fever, and the beat of great music ranging from Michel Jackson's to Madonna's.

Tell your girlfriends and let's get the party started!

Official start up date: TBA