

Dance Pop Up

WITH TORIE

April 17 – 29

Aerobics Room

\$10 per person, per class

Space is limited. Sign up by calling 386.246.5589 or stop by the Fitness Center.

Payment is due in full at sign-up. Cancellations within 24 hours will forfeit deposit.

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p> <p>SINGLES 3:00 – 4:00pm</p> <p>Social Fuse Workout Focus: Rumba</p>	<p>18</p> <p>COUPLES 6:00 – 7:00pm</p> <p>Dance and Romance – Social Couples Class Focus: Rumba</p>	<p>19</p> <p>SINGLES 3:00 – 4:00pm</p> <p>Latin Fever Workout Focus: Bachata</p>	<p>20</p> <p>COUPLES 6:00 – 7:00pm</p> <p>Dance and Romance – Latin Couples Class Focus: Bachata</p>	<p>21</p> <p>COUPLES 3:00 – 4:00pm</p> <p>“Saturday Night Fever” Theme Class Focus: Hustle <i>Costumes Encouraged!</i></p>
<p>24</p> <p>SINGLES 3:00 – 4:00pm</p> <p>Social Fuse Workout Focus: Cha-Cha</p>	<p>25</p> <p>COUPLES 6:00 – 7:00pm</p> <p>Dance and Romance – Social Couples Class Focus: Cha-Cha</p>	<p>26</p> <p>SINGLES 3:00 – 4:00pm</p> <p>Latin Fever Workout Focus: Salsa</p>	<p>27</p> <p>COUPLES 6:00 – 7:00pm</p> <p>Dance and Romance – Latin Couples Class Focus: Salsa</p>	<p>28</p> <p>Couples Class, 3:00 – 4:00pm</p> <p>“1920’s” Theme Class Focus: East Coast Swing <i>Costumes Encouraged!</i></p>

Social Fuse Workout (SINGLES)

Get ready for an upbeat, fast-paced and educational hour building endurance and improving cardiovascular health and balance while learning a medley of dance patterns.

Latin Fever Workout (SINGLES)

Learn a combination of dance patterns from Salsa, Bachata, Samba and Merengue during an upbeat, fast-paced and educational hour where you build endurance and improve cardiovascular health and balance.

Couples Classes

Spend time with your significant other in a fun, engaging dance class! Prepare for your next social gathering by learning basic ballroom patterns for the most popular ballroom dances. Burn calories and connect with your loved one while acquiring a skill that lasts for a lifetime!

Put your best foot forward and learn these dances...

Rumba

A slow rhythmical dance, originated in Cuba

Bachata

A slow social dance from the Dominican Republic

Cha-Cha

A fast, engaging, rhythmical dance of Latin American origin

Salsa

A syncretic Latin dance of Cuban origin

Hustle

A disco dance from the 1970s

East Coast Swing:

A social dance performed to fast swing music, Rock & Roll and the Boogie Woogie



Hammock Beach™

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