

# LaBlast<sup>®</sup>

New in 2018!

LaBlast is a multi-level dance fitness program designed for the absolute beginner to the already experienced dancer. While enjoying dances like the Disco, Cha-Cha, Jive, Samba, Paso Doble, Merengue, Salsa etc. over time students progress at their own rate. Burn calories while having fun! Let's dance!

Veterans Memorial Senior Center  
Mondays at 11:30-12:30pm Sequoia Room  
Instructor: Cheryl McGovern  
Fee\$ 5.00 –drop in fee

Classes start October 1st 2018

No partner needed!

For more information contact:  
Cheryl at 650-208-7794

