



CLUB DANCEFIT

HIGH ENERGY - HEART PUMPING - HOTTEST MUSIC - LOSE YOURSELF IN THE MUSIC

Sundays at 10:30am with Lynda

Start your Sunday off with a 60-minute non-stop Hip Hop dance party! Class is designed for men and women of all ages and fitness levels who are looking to have a blast and burn calories while dancing to the hottest Hip Hop music.