



Ditch the workout! Join the Party

Lose yourself in the music at
the ultimate dance fitness
party!

Class level: All levels
Impact level: Low to moderate
Intensity level: Intermittent intervals,
low to moderate

Saturdays 10:30 am – 11:30 am

Fusion Studios
22236 Palos Verdes Blvd.
Torrance, CA 90505

Instructor: Sheila Kyle

To obtain your free class pass or for more
information, contact:
sheila_a_kyle@yahoo.com
408.775.5094

Try it for free!