



New Class
in
October!

BOLLYWOOD JAM

SUNDAYS 10AM IN STUDIO A
BEGINNING OCTOBER 11TH



THIS DANCE FITNESS CLASS IS INSPIRED BY THE HEART PUMPING OF BOLLYWOOD, A FILM INDUSTRY IN INDIA. IT INCLUDES DYNAMIC CHOREOGRAPHY WITH HIGH INTENSITY INTERVAL TRAINING (HIIT). YOU WILL LEAVE SWEATING AND BURNING MORE CALORIES