

Just Dance !!!

Every Wednesday @ 6:00 pm beginning August 25th



4 new dance styles in 4 weeks

August 25th Merengue

A style of Latin American dance with a two step beat.

September 1st Swing

A group of dances that were developed with a jazz style of music in the 1920's 30's and 40's.

September 8th Cha Cha

This Cuban dance is a vibrant ballroom step that can consist of energetic movements to a steady beat.

September 15th Hip Hop

A social or choreographed dance that includes a wide range of dance styles.

BOEING
Long Beach Fitness
boeinglongbeachfitnesscenter.com



Sign-up today!!!!

562.427.3462