

# Just Dance !!!

Every Tuesday @ 6:00 pm beginning September 27th



4 new dance styles in 8 weeks

**Sept 27th &  
Oct 4th  
Jazz Funk**

Characterized by a strong backbeat and electrified sounds, Jazz Funk integrates funk, soul, and r&b into jazz.

**Oct 11th &  
Oct 18th  
Drums Alive**

Drums Alive is a program that fosters overall health through the use of drum music, stability balls, and drumsticks.

**Oct 25th &  
Nov 1st  
Latin Rhythm**

Latin Rhythm is a aerobic dance that incorporates the Meringue, Salsa, and Cumbia.

**Nov 8th &  
Nov 15th  
West African  
Fusion**

West African Fusion features movements from Guinea and Mali West Africa.

**BOEING**  
**Long Beach Fitness**  
[boeinglongbeachfitnesscenter.com](http://boeinglongbeachfitnesscenter.com)



Sign-up today!!!!  
562.427.3462