



A great way to feel energized!

Cardio Hip Hop

May 6 and May 20

Time: 11:00am - 12:00pm

Instructor: Brittany

Room: 1

Members: \$0 / Non-Members: \$10

It's the latest dance grooves set to the hottest music.

This high-energy dance workout will make you sweat while you learn the latest moves. Cardio hip hop is a high energy class focusing on old and new hip hop movements, put together to current pop music. The dance moves will be modified if needed and include some strength movements. All levels welcome..



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