

# DANCE FITNESS



## ***What is a Dance Fitness Class?***

With over 10 years of experience, our instructor, Sharon Harris, will lead you in routines choreographed to clean music of all genres! Sharon incorporates dance into the routines while working on major muscle groups using hand weights for arms and mats for floor exercises. This class is Zumba inspired.

<i><b>WHEN</b></i>	<i><b>TIME</b></i>	<i><b>INSTRUCTOR</b></i>
Monday	5:30pm	Sharon Harris
Wednesday	6:30pm	
Thursday	5:30pm	



Moody Civic Center  
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