

Rock some new fun!

# Dance Fitness

**DANCE FITNESS** is designed to provide the maximum amount of fun using dance moves to increase your heart rate while building and toning muscles. Instructor JIM DEUTZ is an accomplished performer and choreographer and has been a dance teacher since 1986 in multiple dance disciplines. Text Jim 551-804-1214 day of class if you will attend by 5pm



age 10-adult  
day T & Th  
location ABC Park Gym  
time 6:15-7:15pm  
fee \$8 per class when a min.  
of 4 classes are prepaid  
daily \$10 per class  
no class July 4



Boulder City Parks and Recreation Department  
900 Arizona Street 702-293-9256