



DANCE



Intermediate Tap Dance

Enjoy fun-filled, choreographed sessions while staying fit! Join the fun at Spa 23 with this unique tap course for all ages. Tap shoes and previous tap experience required. Meets once a week for 8 weeks.

**Course #109 Tuesday 9:00-10:00am. begins October 5th
Cost: VIP member \$69 nonmember \$99
Drop in fee: member \$12 Nonmember \$15**

Latin X-Plosion

Spice up your work out with this Cardio Latin inspired class targeting abs, hips, thighs and glutes!

**Have fun while getting fit!
Meets once a week for 6 weeks**

Course #143

Friday 7:15-8:15pm

Begins October 8th

Cost:

Member \$59

Nonmember: \$79

Drop in fee:

Member \$12

Nonmember \$15

Belly Dance

This full body, low-impact workout strengthens your core while toning your arms, hips, thighs and abs. Choreographed to exotic music this class will have you discovering the goddess within. Meets once a week for 6 weeks.

Course #103

MONDAY 12:30-1:30PM

Begins 10/4

Course #123

WEDNESDAY 7:45-8:45PM

Begins 10/6

Cost:

VIP Member: \$59

Nonmember: \$79

Drop in fee:

VIP Member \$12

Nonmember \$15

Spa 23
Health & Racquet Club

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