



DANCE



Tap Dance

**Enjoy fun-filled, easily choreographed sessions while staying fit!
Join the fun at Spa 23 with this unique tap course for all ages. No
tap shoes required—hard sole shoes are fine.
Meets once a week for 8 weeks.**

**Course #105 Tuesday 9:00-9:45am. begins January 12
Cost: VIP member \$69 nonmember \$99
Drop in fee: member \$12 Nonmember \$15**

Cardio Salsa

**Spice up your workout with a
little Latin Dancing. Easy to
follow class lets you work
legs, abs and glutes, while
keeping fit and having fun!
Meets once a week for 8 weeks.**

**Course #128
Friday 7:15-8:00pm
Begins January 15**

**Cost:
Member FREE
Nonmember: \$99
Drop in fee: \$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 8 weeks.**

**Beginner Course #109
Tuesday 8:30-9:30pm
Begins 1/12
Intermediate Course #114A
Wednesday 8:45-9:45pm
Begins 1/13**

**Cost:
VIP Member: \$69
Nonmember: \$99
Drop in fee:
VIP Member \$12
Nonmember \$15**

Spa 23
Health & Racquet Club

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