

DANCE FITNESS FOR MOMS



DANCE FITNESS

Dance is the universal language of movement.

Experience the joy of moving to music while improving your fitness.

Dance Fitness classes are designed for all fitness levels regardless of dance experience!

Classes are led by energetic and highly qualified fitness instructors Sasha Smirnova.



For more information
please contact

Fantasy Dance Studio Office:
(650) 965-4135
info@fantasydance.us
www.fantasydance.us



CHECK OUT THE LIST
BELOW TO FIND THE DANCE
FITNESS CLASS THAT'S
RIGHT FOR YOU!

Mountain View Location:

*Wednesday 10:30am – 11:30am
Wednesday 3:30pm – 4:30pm*

Los Gatos Location:

Monday 7:30pm – 8:30pm

A FULL DANCE FITNESS
WORKOUT!

Train like a true dancer and enjoy the cardiovascular and body-shaping benefits of a dynamic workout that tones muscles, develops core strength and increases balance.