

NOW OFFERING LATIN & BALLROOM DANCING

FEATURING:

- * Salsa
- * Cha cha
- * Mambo
- * Samba
- * Merengue
- * Rumba
- * Rumba
- * Waltz
- * Fox trot
- * Swing
- * Tango

REGISTER NOW!!
AND MAKE YOUR WAY AROUND
THE DANCE FLOOR....

FOR MORE INFO PLEASE CALL
416.789.7011 EXT. 280



NOW OFFERING BELLY DANCING!

Belly Dance is a hip new way of staying fit in a social and supportive atmosphere, appealing to someone looking for a getaway from old fitness routine. Belly Dance tones muscle and improves flexibility while accentuating curves to enhance femininity.

REGISTER NOW!!

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NOW OFFERING PARENT BOOT CAMP



For the parents of our dancers ONLY! Participants will go through a fun and motivating 10 week Boot Camp program designed to get more intense as the weeks progress. This is for men and women of all fitness levels.

Our certified trainer will provide effective fitness training which focuses on core, lower & upper body training, cardio, agility training, plyometric, circuit training and much more.



REGISTER NOW!!

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