

LaBlast

fitness powered by dance™

TAUGHT BY
**THREE-TIME
WORLD CHAMPION**
LOUIS VAN AMSTEL

LABLAST OPEN CLASS

Welcome to **LABLAST®**, a revolutionary dance fitness program, based on all the dances you see on «Dancing with the Stars» that fuses dance into a serious calorie burning workout that will get you into the best shape of your life! Take your mind, body and soul on a journey through ballroom based dances from different countries, cultures and characteristics. LaBlast is a workout in disguise, while learning the true skill of dance.

REGISTRATION: \$10 UNTIL 4/1 | \$15 UNTIL 4/13 | \$20 AT DOOR

CLASS SCHEDULE

SAT, APRIL 14, 2018
9:00AM-10:00AM

CLASS LOCATION

GET HEALTHY NOW WELLNESS CENTER
601 PRESIDENTS BLVD
LOUISVILLE, KY 40217

FOR MORE INFORMATION CONTACT PAULA KORT KOMMOR: (502) 852-7755 | GETHEALTHYNOW@LOUISVILLE.EDU