

Rock some new fun!

Dance Fitness

DANCE FITNESS is designed to provide the maximum amount of fun using dance moves to increase your heart rate while building and toning muscles. Instructor JIM DEUTZ is an accomplished performer and choreographer and has been a dance teacher since 1986 in multiple dance disciplines.



age 10-adult

day T & Th

location ABC Park Gym

time 6:15-7:15pm

fee \$8 per class when a min.
of 4 classes are prepaid

daily \$10 per class

no class 11/23



Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256