

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



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