

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. Text Jim 551-804-1214 day of class if you will attend by 5pm

age	10-adult
day/time	Tuesday 6pm—7pm Thursday 8am—9am
fee	\$8 per class when a min. of 4 classes are prepaid
daily	\$10 per class

Class held in the dance room upstairs at the Recreation Center 900 Arizona St.



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