



# DANCE CLASSES

Come join the fun with our new dance classes! We are now offering Youth Tap, Jazz and Ballet classes in 8 week sessions starting February 8th. Dance is an excellent way to improve your child's social skills, self-esteem, and confidence while encouraging exercise habits. These fun and exciting classes are an experience your child will never forget!

Cost is \$60 per 8 week session. We are also offering an Adult "Dance It Out" Cardio Class which is included in our Gym Plus Membership. Call us for more information and to reserve you or your child's spot today!



Offering  
Children's Tap,  
Jazz and Ballet

Experienced  
Dance Instructor

Improves Overall  
Health

Builds Self  
Confidence

Comfortable  
Social Setting

"Dance It Out"  
Adult Cardio Class

**LAKESIDE REHAB &  
FAMILY FITNESS**

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