



**CARDIO
ENDURANCE
PLYOMETRICS
WEIGHT TRAINING**



Welcome to **LABLAST**®, a revolutionary ballroom dance, partner-free fitness program, based on all the dances you see on «Dancing with the Stars»! It 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 dances from different countries, cultures and characteristics. LaBlast is a workout in disguise, while learning the true skill of dance. **Let's LaBlast!**

IF YOU CAN
CLAP IT,

YOU CAN
**DANCE
IT!**

TM
-LOUIS
VAN'AMSTEL



**EARN
0.8 ACE &
8 AFAA CEC'S!
LABLAST
FITNESS**

