

LaBlast®

fitness powered by dance

CREATED BY
**THREE-TIME
WORLD CHAMPION**
LOUIS VAN AMSTEL

LABLAST FITNESS

Inspired by TV's Dancing with the Stars, **LaBlast Fitness** is a music-driven, energizing dance-fitness class blending the true skill of ballroom dance with the calorie blasting properties of interval fitness. With LaBlast, everyone can learn to dance with our easy to follow format! Mirror-ball worthy, fully choreographed routines to songs from all eras and genres keep you engaged and entertained while learning the Tango, Samba, Quickstep, and more.

AS LOW AS \$199 EARLY BIRD REGISTRATION
FREE 3 MONTH INSTRUCTOR SUBSCRIPTION CONTENT INCLUDED!

WANT MORE?

Looking for muscular strength? Dance the Viennese Waltz and Rumba with hand weights and watch your arms transform. Need to boost your cardio endurance? Jive and Lindy Hop will easily get your heart pumping, hips twisting, and feet moving. Or maybe you just want to get up and dance! Relive the 70's with funky Disco and Hustle, or channel your inner drama queen with a powerful Paso Doble. Move to the soundtrack of your life, the music you love to hear, in every single class. Our unique multi-level learning approach makes LaBlast perfect for everyone, from the absolute beginner to the advanced dancer. It's partner-free, high energy... **And did we mention it's really fun?**

FOR MORE INFORMATION ON THIS OR OUR OTHER FORMATS; OR TO REGISTER TO BECOME AN INSTRUCTOR GO TO LABLASTFITNESS.COM!