

**Retro
Dance
Workout**

Instructor: Mr. Benjamin

Time: Friday, 7:00pm to 8:00pm

Price: (4 lessons)

Member \$192.60 w/GST

Guest \$214.00 w/GST

Venue: Aerobic Room



WORKOUT WITH RETRO BEATS

Love grooving to the beats of retro music? Switch your dance moves for Retro Dance workout routine and get moving for a healthier you! Improve your fitness level with the dance workout, exercising your entire body and burning calories while you are having fun, enjoying the retro music.