



The Latin-inspired, easy-to-follow, calorie-burning,
dance fitness-party™
Feel the music and let loose.

Now offered at McEachern Methodist & First United Methodist.

- Tuesdays, 7:30-8:30pm - FUMC in Dance Studio(3rd flr welcome center)
- Thursdays, 7:30-8:30pm - FUMC in Dance Studio(3rd flr welcome center)
- Saturdays, 10:45-11:45am - MMUMC in the CLC Gymnasium

First class is BOGO free with \$6 drop-in rate or discounted class cards for 10 visits at \$50.

***BOGO= \$6 for you and a friend for the 1st time together or
\$6 yourself the 1st class and get your 2nd class free!***

For more information email lisa@thespiritofdance.com